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### Realistic resolve

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BY TAMMY CHASE AND MAUREEN JENKINS Staff Reporters

Advertisement

New Year's resolutions can be ridiculous. They're too big, too vague, too unrealistic. Many of us fail at keeping them.

Help is on the way: We look at some of the most popular, loftiest resolutions -- and ask experts to help us make and reach more reasonable and (humanly possible) goals.



**1 -- Lose the love handles, tighten those thighs:** You didn't put on all those jiggly extra pounds overnight, and you won't shed 'em that fast, either. Suggests Dr. Susan Mitchell, co-author of *Fat Is Not Your Fate: Outsmart Your Genes and Lose the Weight Forever* (Fireside/Simon & Schuster, \$15) and national nutrition expert for SuperTarget stores:

- "When weight loss sounds overwhelming, start with something as simple as, cut your portion size. Eat what you've been eating, but decrease the amount. That's measurable, it's something anyone can do, and that's realistic."
- Cut out 100 calories per day. "That's 10 pounds a year."
- "Eat more water. By that I mean the fruits and veggies that have high water content: blackberries, asparagus, blueberries, cantaloupe, cucumbers, all kinds of lettuces, pineapple, peppers and onions, grapefruits and oranges. High water content foods tend to have a diuretic effect. And the fiber tends to increase the satiety factor, so you feel full faster."
- Strap on a pedometer, Mitchell says, as "2,000 steps is equivalent to one mile of walking. That means if you park farther from your job, take the stairs, you can watch these steps build up."

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