

## Q "Help me keep my New Year's resolution!"

By February 1, more than half of us have already broken our New Year's resolutions. Why? Multiple studies show it's practically impossible to make significant life changes without help. And you don't have to look any further for it! Here, top experts reveal how to achieve the most common resolutions!

### 1 Quit smoking!



Nicotine-addiction expert Terry Martin promises you can stub out your last cigarette. Here's how:

#### Mark your calendar!

For smokers, it doesn't take much to put off quitting, says

Martin. That's why it's important to choose a specific date—two weeks or less is perfect. This way, you'll have time to prepare, but not so much that you'll lose your motivation to follow through.

#### Just add water!

Once you've had your last puff, don't just toss any extra cigarettes—douse them with water and they'll be impossible to retrieve!

#### Banish the sneakiest smoking trigger of all!

It's the scent of cigarettes! Studies show the odor alone is enough to bring on a craving. Unfortunately, it's one of the most stubborn. If you've already tried air fresheners, try investing in several smoker's candles and light them for several hours daily. They contain special enzymes that help send the stink packing. Try: Lord Byron's Smoker's Candle, \$6.95 at Sensia.com.



#### Go online for support!

When it comes to quitting tobacco, there is no better medicine than hearing from those who have walked the path before you, says Martin, who prefers online support groups. A few to check out: <http://forums.about.com/ab-quit-smoking>, <http://forums.quitnet.com/community/talk> and BecomeAnEx.org.

#### Get an assist!

Tired of trying to quit on your own? Need an extra nudge? Nicotine replacement therapies (NRTs) provide a measured dose of nicotine that is reduced over time, easing the symptoms of withdrawal. It comes in a number of forms: patches, gums, lozenges and more. Talk to your doctor.

### 2 Lose weight!

About ready to give up fitting into your favorite jeans? Fitness and nutrition expert Erin Palinski says you *can* get past the frustration and whittle the pounds away!



#### Pop an all-natural diet pill!

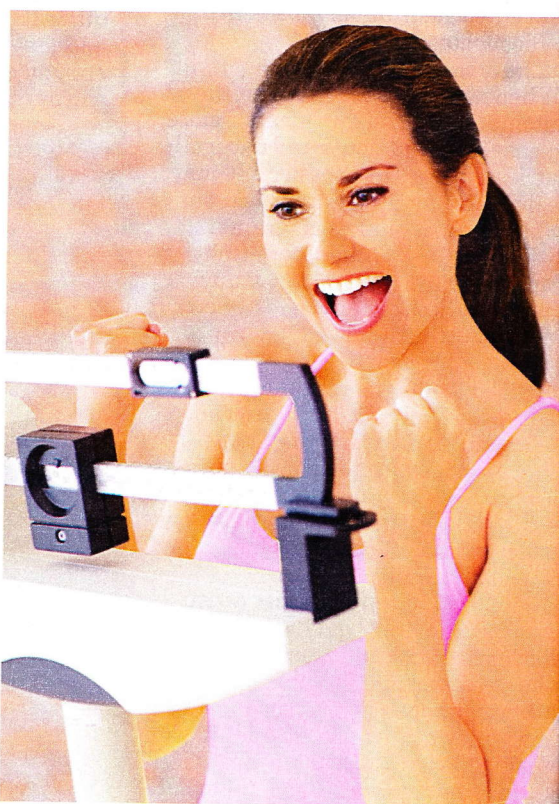
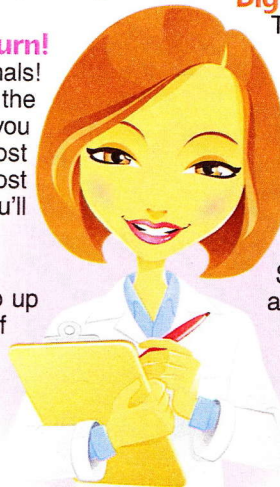
Sure, you know that taking omega-3 fatty acids is great for your heart and brain—and research shows it can also be an effective diet aid, says Palinski. Fish oil has been shown to aid in regulating blood sugar, helping you dodge the spikes that trigger overeating! Aim for at least 1,000 mg. daily, such as Nature Made Fish Oil, \$23.99 for 150 1,200-mg. softgels at Walgreens.com.

#### Hear this to speed fat burn!

It's your body's hunger signals! Scientific studies point to the fact that your body is telling you when it's prepared to most efficiently metabolize the most food. By following its lead, you'll enjoy optimum fat burn!

#### Try the 30-to-1 rule!

The simplest move you can make to up your metabolism is to follow this rule of thumb: For every 30 minutes you spend sitting down, get on your feet for at least one minute! That's because your body burns up to 10% more calories standing versus sitting.



### 3 Save more money!

Expert Erin Gifford reveals how to trim your monthly budget by up to \$400 with these tricks:

#### Max out loyalty card savings!

Got a bunch of loyalty cards hanging from your key chain? Sign up at the store's site to make sure they have your current mailing and e-mail addresses. Otherwise, you may find yourself missing out on members-only specials!

#### Dig up better drugstore deals!

The best place to pick up toiletries? Your favorite drugstore! Toothpaste, deodorant, shampoo and other essentials all get deeply discounted at least once a month to make room for new inventory. Simply chat up the manager; she can clue you in on sale dates!

#### Create a diner's club e-mail!

Set up a separate free e-mail account and use it to get on the e-mail list of every restaurant near you. Why a separate e-mail account? It keeps your other accounts uncluttered and makes it easier to compare deals and offers at a glance.

—Jennifer Leonard

### Our expert panel



About.com's smoking-cessation guide **Terry Martin** dishes advice to thousands of readers on how they can free themselves from nicotine addiction. She smoked for 26 years before quitting for good in 2001.



Fitness and nutrition expert **Erin Palinski, R.D., L.D.N.**, is the creator of the Healthy Resolutions Weight Loss Program and the owner of the Vernon Nutrition Center, LLC, in New Jersey. She's also been featured on *The Early Show*.



**Erin Gifford** runs Coupon Cravings.com, a money-saving site that shares tips for paying less at the grocery store, restaurants and more. She's also been a featured expert on *Good Morning America*.