
 BODYTALK

# ALL CHARGED UP

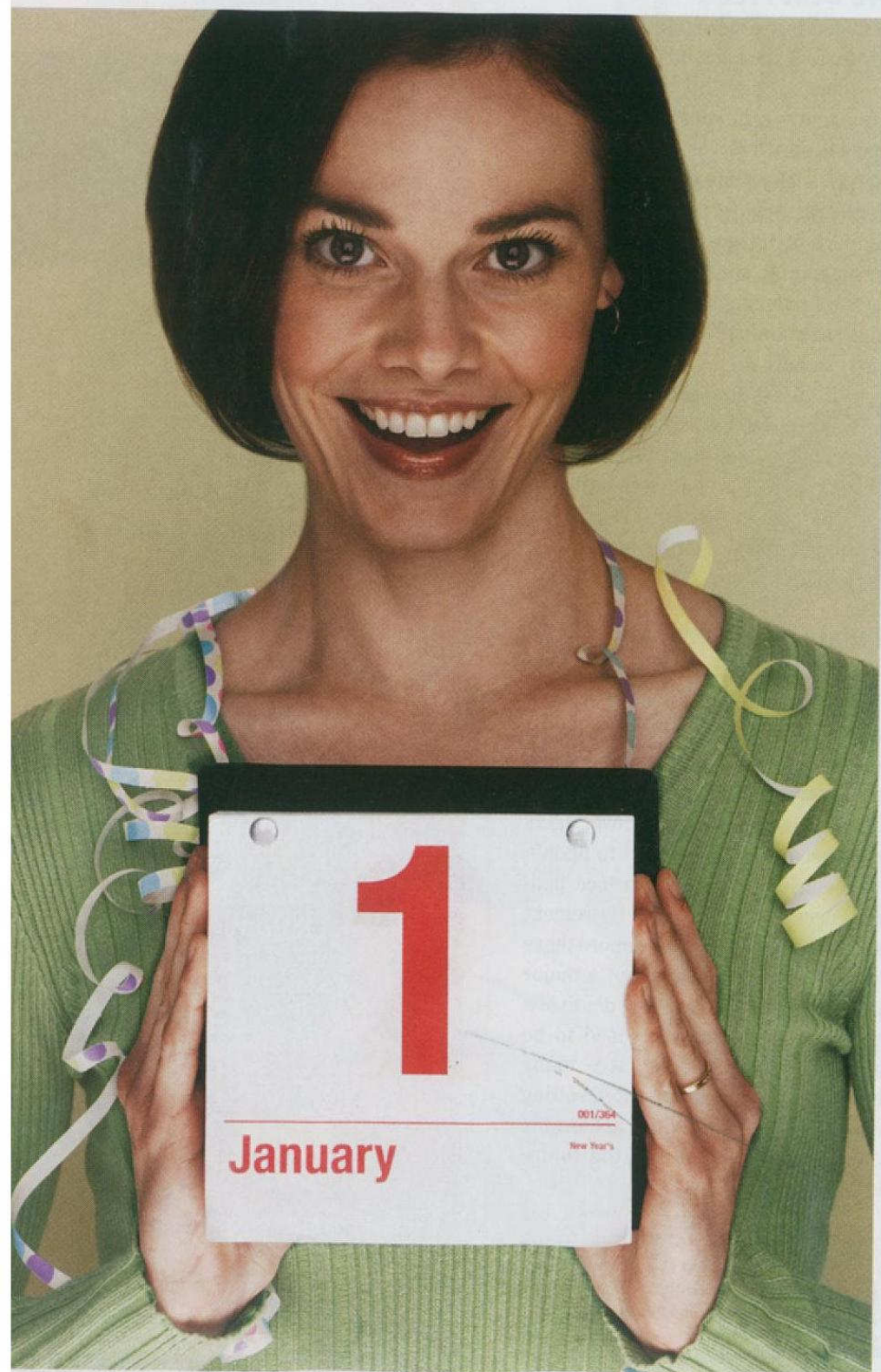
This month, experts decode favourite New Year resolutions we love to break, and how sticking to them is not just about a monthly plan, but changing the way we live.

● By OLINA BANERJI

There's always a catch to a New Year's Eve party. Coupled with intense nostalgia for the year gone by is the pressure of starting things right, to achieve what you failed at last time. For most of us, it's a continuing battle with the bulge, or alcohol or cigarettes. As we count off minutes till midnight, there's trepidation about resolving to change old habits and sticking to it. Holiday fat and an unbridled craving for Christmas cake aside, there are serious implications of neglecting fledgling signs like a slight knee ache or a persistent itch. Also, there isn't just pressure to lose weight and get gorgeous, it's also about doing it right, without prosthetics. While these generic goals remain, for women, each stage of life has different health and nutrition requirements, and it's important to get particular, depending on what age bracket you fall in.

## Right Start (25 to 35)

**The Promise** It's the time when you work hard, play harder. You're working 14-hour shifts day after stressful day and you push your body to the limit. It's easy to slip into habits like junk food and smoking, but it's also the perfect time to develop a healthy routine that will stick for life. Your body requires more protein and carbohydrates to last the day, so invest in meals that are rich in both. Learn to balance it with a 20-minute exercise routine in the mornings or after work (If you're not a morning person and a walk seems



GETTY IMAGES