

HEALTH BITES

“

MONTH 2 OF THE 2025
RESOLUTION
ARE YOU STILL AT IT??

”

Month 1 of 2025 Ends!

As per Stats, **46% of the people** who set a resolution are seen to give up on them in the first month itself. That is almost half of the population!! And I have started to realise why.



5 Steps that work whenever you want to stick to your resolution till the end.

Here is what I learnt from 28 individuals who participated in this small experiment where the end Goal was Fat Loss

**About Naina Singhanian**

Having worked with over 1500+ individuals in the span of 12 years, Naina works towards finding the root causes through symptoms and blood reports to find a permanent cure through food and lifestyle.



Functional Nutritionist



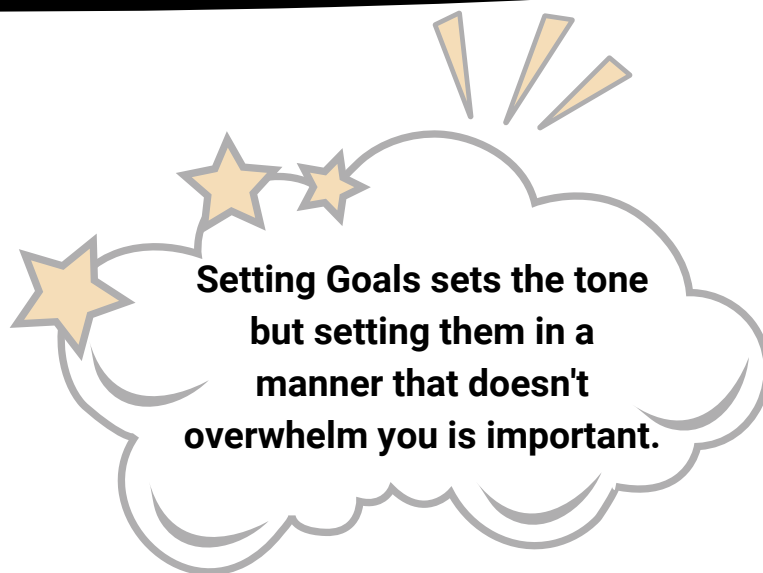
Registered Dietitian



Diabetes Educator

1. Set Goals:

We had asked all of them to set goals in the beginning of the challenge to gauge the practicality of the goals. 3 individuals who had set unrealistic goals without keeping the odds in mind gave up in the first week of the challenge.



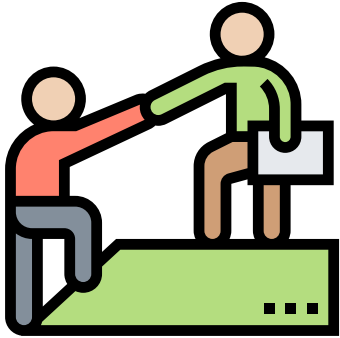
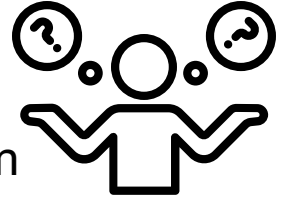
Example - losing 20 kgs in 3 months, which needs extreme food and workout plan with discipline.

Question yourself if it is practical for you to show up based on your life situations.



2. Find an Accountability Partner:

4 of them dropped out in 4 days because they did not know anyone in the group.



While the others stayed in the program because they knew who they were being accountable to.

Known Accountability helped them to constantly challenge their own limitations and constantly break through

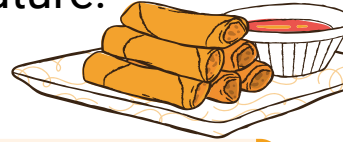
3. Start Detailing :

I asked them the possible reasons they quit.

The individuals who said that their situations and environment did not allow them to continue were the ones who had not reflected from their experience resulting in never being able to reach their goals.

Account for the shortcomings and then prepare yourself for how you will deal with them if they happen.

For example if evening snacking time is when you might succumb to junk, then find the solutions to those problems beforehand to avoid giving up in future.



If time is a constraint, instead of getting overambitious to workout daily, sticking to 2 days/ week will increase your chances to step up as you progress in your journey

4. Discipline over Feelings:

Instead of sticking to specific times in the day, we stuck to a checklist for them to complete in the day whenever they found the time.



By knowing you have a window of 24 hours to finish the task, it allows you to stick to the resolution.

There is this very interesting technique that Mel Robbins talks about that is effective to break procrastination. It is called the 5 second rule. Attaching a link here for you to see how it works



[Tap to watch the video](#)

5. No Expiry Date:

People who saw resolutions as mode to reach their personal best stuck to the journey and kept setting personal higher goals.

When you know that there is a deadline, no matter where you have reached in your resolution journey, you will give up on the last day.



Resolutions are meant to challenge you and your strength to overcome your limitations.



Hear it from one of Participants!

Here is one such person from the batch who had never been on a diet, whose determination to act on his health goals came from inspiration of his niece.

A family who was confident that he will not be able to sustain the journey for more than a few weeks because he loves food. Well 5 months since the challenge and he lost about 12 kgs, saw improved energy, and experienced better gut function. This is what he has to share on working towards his resolution



[Tap here to watch the video](#)

Closed Circle Community

Dear Readers,

The community is growing. We conducted 2 Sessions till date; **Liver Detox Challenge** and **How to Boost Metabolism**. We are beginning with a health challenge on 10th February. Interested in making a change ??

This is not just a community; it's a space designed to **empower, inspire, and connect individuals** who are committed to embracing a holistic approach to health. Within this circle, we will delve deeper into the transformative practices, groundbreaking research, and innovative tools that **support your health journey**.



How to Join

Simply click the link and message "CCC"



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