

# 6 WAYS TO ACHIEVE YOUR HEALTH & WELLNESS GOALS

HEALTH, WELLNESS / MARCH 7, 2018 / RELAX THE BACK / LEAVE A COMMENT

The steps to making positive changes in your life can be simple to recognize, but difficult to put into practice. With time, planning, and willpower, you can make the changes you want to better your life.

Whether you want to reduce stress, lose weight, sleep more, or create a wellness routine, these tips can help you achieve your [health and wellness](#) goals.

- **Set attainable goals:** While your goals should push you out of your comfort zone, they shouldn't be so far-fetched that you feel overwhelmed or anxious. Set specific goals that you feel confident achieving. For example, if, overall, you want to lose weight, set small goals each week such as working out at least 30 minutes a day or eating more vegetables for your snacks. Looking to increase your strength and balance? We offer a wide variety of [fitness therapy products](#) that can help you get off to the right start through simple, easy-to-do exercises. Small victories will help you reach your main goal while keeping you motivated to continue.
- **Make it personal:** No two people are the same. Set goals that are relevant to you and your lifestyle. There is also a higher chance of achieving your goals when you make them for yourself and not for someone else in your life. Create a [health and wellness](#) routine that will better your life because you want it for yourself.
- **Find support:** In today's connected world, it is easier than ever to find others who share your goals. Reach out to friends, family members, or online communities to create accountability. Having like-minded individuals around you will help you achieve your goals.
- **Sleep better, feel better:** When it comes to your health and wellness, sleep plays a vital role in improving your mental and physical health, from decreasing stress and fatigue to improving blood pressure and stamina. Our [Tempur-Pedic mattresses](#) help reduce the number of pressure points on your body, so tossing and turning can be a thing of the past. Looking for a pillow? We offer the best [ergonomic pillows](#) for side-sleepers, back-sleepers, or stomach sleepers so you can feel comfortable and stress-free whenever you rest.
- **Establish realistic timelines:** Take it slow. Success will not happen overnight. Nevertheless, having an endpoint helps you stay motivated as you work towards a deadline while also giving you a chance to reflect on how far you have come in your journey. Whether bi-weekly, monthly, or quarterly goals, write down your personal deadlines and check in with yourself when you reach those dates.
- **Be persistent:** There is a chance you may "fall off the wagon." Be easy on yourself if, and when, this happens. It's part of the process. If you stray off course from your goals, use that as a learning experience. Think about why you fell back into a bad habit and what you can do in the future to prevent a lapse from happening again. Eventually, your new healthy habits will come naturally.



To learn more about how you can achieve your health and wellness goals, visit your local [Relax The Back store](#) to speak with our trained specialists to learn about products and solutions that will help you live your best life.