



# NEW YEAR RESOLUTION

THROUGH THE LENS OF LIFESTYLE MEDICINE :

TRANSFORMING THE NEW YEAR INTO A  
STARTING POINT FOR SUSTAINABLE HEALTH

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EACH TIME THE NEW YEAR ARRIVES, MANY PEOPLE SET A NEW YEAR RESOLUTION, OR A NEW YEAR'S PLEDGE, WITH GOOD INTENTIONS—WHETHER TO EXERCISE MORE, LOSE WEIGHT, SLEEP BETTER, OR TAKE BETTER CARE OF THEIR HEALTH. IN REALITY, HOWEVER, ADHERENCE TO THESE RESOLUTIONS OFTEN FADES WITHIN JUST A FEW WEEKS. THE KEY QUESTION, THEREFORE, IS NOT "WHAT GOAL SHOULD WE SET?" BUT RATHER "HOW CAN WE CHANGE IN A WAY THAT IS REALISTIC AND SUSTAINABLE?"



LIFESTYLE MEDICINE OFFERS A NEW FRAMEWORK FOR NEW YEAR RESOLUTIONS BY SHIFTING FROM “FORCING BEHAVIORAL CHANGE” TO “DESIGNING A WAY OF LIFE” THAT ALIGNS WITH EACH INDIVIDUAL’S BODY, MIND, AND LIFE CONTEXT.

THE PROBLEM WITH CONVENTIONAL NEW YEAR RESOLUTIONS IS THEIR FOCUS ON “END RESULTS”—FOR EXAMPLE, HOW MANY KILOGRAMS TO LOSE OR HOW MANY KILOMETERS TO RUN. IN CONTRAST, LIFESTYLE MEDICINE EMPHASIZES “SYSTEMS”, SUCH AS:

- HOW WE EAT ON A DAILY BASIS
- HOW WE SLEEP AND RESTORE OUR BODIES
- HOW WE MANAGE STRESS AND EMOTIONS
- THE TYPE OF ENVIRONMENT IN WHICH WE LIVE

ACCORDINGLY, WE MAY SHIFT FROM SETTING GOALS TO BUILDING SYSTEMS AND MAINTAINING THEM CONSISTENTLY. WHEN THE SYSTEM IS SOUND, OUTCOMES WILL NATURALLY FOLLOW WITHOUT FORCE.



# THE SIX PILLARS OF NEW YEAR RESOLUTION THROUGH LIFESTYLE MEDICINE

## A SUSTAINABLE START TO THE NEW YEAR CAN BE DESIGNED THROUGH SIX ESSENTIAL PILLARS:

## 1. APPROPRIATE NUTRITION

NOT EXTREME DIETING OR FOOD RESTRICTION, BUT CHOOSING FOODS CLOSER TO NATURE, REDUCING ULTRA-PROCESSED FOODS, AND EATING MINDFULLY.



## 2. REGULAR PHYSICAL ACTIVITY

IT IS NOT NECESSARY TO BEGIN WITH INTENSE EXERCISE; RATHER, START BY “MOVING MORE” IN DAILY LIFE.



## 3. SLEEP AND RESTORATION

SLEEP IS THE MOST POWERFUL FOUNDATIONAL MEDICINE. SETTING A GOAL TO GET ADEQUATE SLEEP MAY TRANSFORM HEALTH THROUGHOUT THE ENTIRE YEAR MORE EFFECTIVELY THAN SETTING A GOAL FOR INTENSE EXERCISE.



**4. STRESS MANAGEMENT AND MINDFULNESS PRACTICE**  
HEALTH IS NOT LIMITED TO THE BODY ALONE; IT ALSO INCLUDES THE MIND. PRACTICING BREATHING EXERCISES OR MINDFULNESS FOR JUST A FEW MINUTES A DAY CAN GENUINELY REDUCE INFLAMMATION AND HELP REGULATE HORMONAL BALANCE.



**5. RELATIONSHIPS AND SOCIAL SUPPORT**  
THOSE WHO SUCCESSFULLY CHANGE THEIR BEHAVIOR RARELY DO SO ALONE. HAVING SUPPORTIVE FAMILY MEMBERS, FRIENDS, OR COMMUNITIES IS A CRUCIAL KEY.

6. AVOIDANCE OF ADDICTIVE SUBSTANCES AND RISKY BEHAVIORS SUCH AS SMOKING, ALCOHOL CONSUMPTION, OR BEHAVIORS THAT HARM HEALTH IN THE LONG TERM.



LIFESTYLE MEDICINE DOES NOT ENCOURAGE CHANGING EVERYTHING AT ONCE, BUT RATHER EMPHASIZES **SMALL WINS**—SETTING MODEST, ACHIEVABLE GOALS, SUCH AS:

- GOING TO BED 15 MINUTES EARLIER EACH DAY
- ADDING ONE EXTRA SERVING OF VEGETABLES
- WALKING AN ADDITIONAL 1,000 STEPS PER DAY
- PAUSING FOR DEEP BREATHING FOR THREE MINUTES DAILY

SMALL CHANGES THAT CAN BE PRACTICED EVERY DAY WILL ACCUMULATE INTO STRONG AND LASTING HEALTH OVER TIME.

THE NEW YEAR IS NOT ABOUT A PERFECT BEGINNING, BUT ABOUT A BEGINNING GROUNDED IN SELF-UNDERSTANDING.

A NEW YEAR RESOLUTION FROM THE PERSPECTIVE OF LIFESTYLE MEDICINE IS NOT ABOUT SETTING GOALS TO CONQUER ONESELF; IT IS ABOUT RETURNING TO SELF-CARE WITH UNDERSTANDING, COMPASSION, AND SUSTAINABILITY.

GOOD HEALTH DOES NOT ARISE FROM TEMPORARY EFFORT—IT EMERGES FROM A WAY OF LIFE THAT WE CAN LIVE WITH THROUGHOUT THE ENTIRE YEAR.

THIS NEW YEAR, IT MAY NOT BE NECESSARY TO SET GRAND GOALS. SIMPLY COMMIT TO *“LIVING A LITTLE BETTER EACH DAY,”* AND GOOD HEALTH WILL GRADUALLY GROW ALONGSIDE YOU.



YOU ARE CORDIALLY INVITED TO ATTEND THE WORLD CONGRESS ON LIFESTYLE MEDICINE AND WELLBEING 2026, TO BE HELD FROM 1–3 MARCH 2026 AT THE BERKELEY HOTEL PRATUNAM. THIS CONGRESS WILL PROVIDE AN OPPORTUNITY TO EXCHANGE KNOWLEDGE AND INSIGHTS WITH WORLD-CLASS SPEAKERS FROM VARIOUS COUNTRIES IN THE FIELDS OF LIFESTYLE BEHAVIOR CHANGE AND THE LATEST INNOVATIONS IN WELLBEING DEVELOPMENT.

FOR FURTHER INFORMATION AND CONGRESS REGISTRATION FEE, PLEASE CONTACT THE THAI LIFESTYLE MEDICINE AND WELLBEING ASSOCIATION AT 093-584-0840 OR 080-989-7415

