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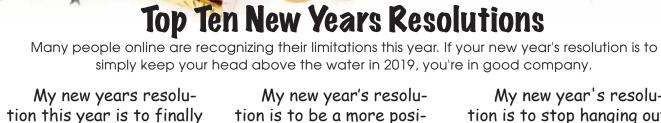
## **EXERCISE FOR THE NEW YEAR**

Begin by standing on a comfortable surface, where you have plenty of room at each

With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold diem there as long as you can. Try to reach a full

can hold this position for just

After a couple of weeks, move up to 10-Ib potato bags. Then try 50-lb potato bags and eventually try to get to where



throw away those three empty Dominos Pizza boxes sitting in the bottom of my fridge. This was my resolution last year, too, but 2019 feels like a year for change.

Committing to wearing pajamas 24/7 is something I can get behind. And, it's not a big leap for me. Since I work from home, sometimes I go weeks without out washing any clothes that have zippers or buttons.

tive, better person... and to wear more fake eyelashes.

My new year's resolution is for someone else to pay my rent every month. (What do you mean that's not how it works?)

No divorces in 2018. Since I am not currently married, this one should be pretty easy to keep unless I end up drinking a whole mini bar in Vegas like Ross and Rachel.

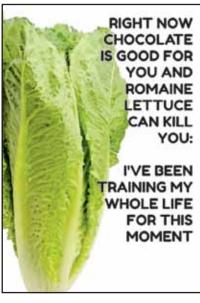
Remember to take my meds. Look, a purple dragon!

My new year's resolution is to stop hanging out with people who ask me about my New Year's resolutions.

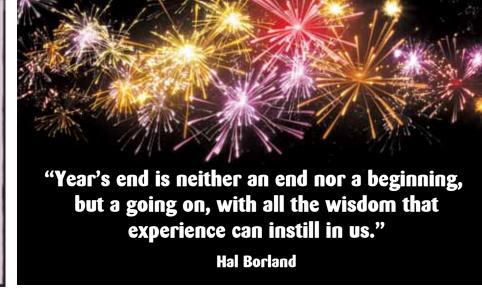
My new year's resolution is to take more naps.

My new year's resolution is to get really into essential oils and then make sure I bring up the fact that I'm really into essential oils in every conversation I have until the end of time.

New year's resolution: stop putting lol after every text I send.. lol.













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