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# SMALL STEPS CAN LEAD TO BIG SUCCESS



Robert Fleck (left) and Nathan Snyder, personal trainers at LA Fitness in Washington Twp., said people trying to get in shape for the new year should have realistic expectations when setting foot in a gym for the first time. MICHAEL KURTZ / STAFF

Most New Year’s resolutions fail quickly because people lack a concrete plan to sustain their motivation. Experts suggest setting realistic, incremental goals and creating actionable plans that can be adjusted. But what’s more important than the how is the why, says Dr. Fadi Tayim, a clinical neuropsychologist. **A6** | More on resolutions, **C1**

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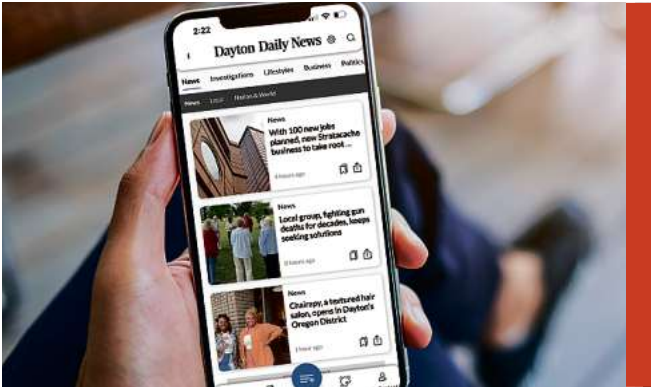
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