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## Holidays to help your New Year resolutions

By Nikki Bayley

We don't want to burst your bubble, but fewer than 50% of people stick to their New Year resolutions past the first six months, and after a year, that figure drops to 10%.

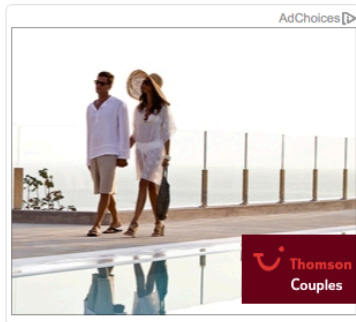
So what's the best way to be in that smug and successful 10%? Make changing your life fun by combining a resolution with a spot of travel, of course...

### I want to get healthier

Probably the most popular resolution and the most easily broken too. We all start New Year swearing allegiance to the gym and plan to lose those festive pounds that we gained. That usually lasts a week at the most. Or at least it does for us. So try instead try something new and go for a holistic approach to your health to try and make a real change which lasts. No boot-camp tactics at these Health Hub breaks in either UK or Corfu, instead you get bespoke personal training sessions, nutritional consultations and 'mind-matters' sessions to help you identify and break bad habits, and learn new, healthier behaviour.

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