

- NEWS
- Daily News
- Top Stories
- Breaking News
- World
- Politics
- Business
- Growth Minute
- Health
- Food & Wine
- Women
- Women in Business
- Opinion
- Letters to the Editor
- High Tech
- Sports
- Horoscope
- Entertainment
- Entertainment Goss
- Music
- Features
- Books
- Poetry
- Movie Reviews
- Home & Garden
- Industry
- States
- UFOS
- Environment
- Education
- Road Trek
- SupportOurTroops
- Middle East
- South Asia
- Cartoons
- Video Releases
- Most Read
- WIRES
- Eworldwire
- Marketwire
- GlobeNewswire
- PRNewswire
- Send2Press
- Marketwire Canada
- 24-7 Pressrelease
- Newswise
- PR.com
- Realwire
- ACNNewswire
- Business Wire
- NewsBlazeWire
- Spanish Releases
- Movers/Shakers
- OTHER
- About Us
- Contact Us
- Feedback
- Writers
- Editors
- Bookmarks
- Link to Us
- Advertise
- Sitemap
- TECHNOLOGY
- RFID
- Supply Chain
- Text to Speech
- Voice Over IP
- Wi-Fi
- Games
- iPod
- Biotech
- NEWSPAPERS
- Sacramento News
- Folsom News
- Orange County News
- East Minnesota
- Boca Raton News
- St Augustine News
- Vero Beach News
- Sebastian News

**BREAKING NEWS: WHISTLE-BLOWER TO GIVE SECRETS OF THE RICH AND FAMOUS**

Published: December 29, 2010

[Nutrystem-Official Site](#) Nutrystem Rollback Sales Event. Get Our Lowest Prices Since 2003! [www.Nutrystem.com/Sz](#)

[Is Your Bank In Trouble?](#) Free list Of Banks Doomed To Fail. The Banks and Brokers X List. Free! [www.MoneyAndMark](#)

[Security Camera huge Sale](#) Call 1.888.688.9995FreeTechSupport High Quality &Reasonable Price [www.ShoppingCctv.c](#)

Ads by Google

[Send to a friend](#)

**Ten (Research-Tested) New Year's Resolutions**

[Eli Lilly & Co.'s Blog](#)  
Check out Eli Lilly & Co.'s new blog and Twitter feed. Read it now!  
[lillypad.lilly.com](#)

[ADT@ Custom Surveillance](#)  
24/7 Home Monitoring! Get Quality Service Plan w/ Text/Mobile Alerts.  
[www.FindYourPulse.com](#)

[CareGivers](#)  
Home Health Care Services Providing Quality Care for 40 years  
[www.caregivershomecare.com](#)

[Foods to get you in shape](#)  
Learn how to lose weight the healthy way with these helpful tips  
[sheknows.com/videos](#)

Ads by Google

Newswise - Need help choosing a New Year's resolution? Research from the University at Buffalo can provide some direction. Below is a summary of useful health and wellness tips assembled from studies published by UB researchers in 2010.

Have a happy, healthy and safe new year.


1. Take care of a loved one and boost your own well being. Research by UB assistant professor of psychology Michael J. Poulin shows that helping sick family members can reduce stress


- and anxiety.  
<http://www.buffalo.edu/news/11480>
2. Losing a few pounds may help you survive a car crash. Research by UB's Dietrich V. Jehle, M.D. and professor of emergency medicine, found that moderately obese drivers are more likely to die in a severe car crash.  
<http://www.buffalo.edu/news/12116>
3. Hit the sack early. UB researcher Lisa B. Rafalson found that seven hours of sleep may decrease the risk of developing diabetes.  
<http://www.buffalo.edu/news/11811>
4. Keep kids involved with friends to prevent overeating. Research by UB's Sarah-Jeanne Salvy, associate professor of pediatrics, shows that childhood friendships can be a substitute for food and therefore can help stem obesity in children.  
<http://www.buffalo.edu/news/10830>
5. Don't give up hope when the going gets tough. Research by UB's Mark D. Seery, assistant professor of psychology, found that adverse life experiences appear to make us more resilient and adaptable to stress.  
<http://www.buffalo.edu/news/11868>
6. Talk to your kids about current events. Research by UB's Ming M. Chiu, professor of learning and instruction, found that children who discuss current events with their parents develop better math and reasoning skills.  
<http://www.buffalo.edu/news/11562>
7. Jack-up your consumption of soy. Research by UB's Anne M. Weaver and co-researchers at Roswell Park Cancer Institute shows that soy products are associated with a reduced risk of developing invasive breast tumors.  
<http://www.buffalo.edu/news/12051>
8. Encourage your kids to walk to school. Research by UB's James N. Roemmich, associate professor of pediatrics, shows that a simple morning walk could help curb stress-related spikes in heart rate and blood pressure in children, potentially reducing their risk of heart disease later in life.  
<http://www.buffalo.edu/news/11622>
9. Pay with cash at the grocery store to avoid junk food. Research by UB's Satheeshkumar Seenivasan found that people who bought groceries with credit and debit cards were more likely to load up on unhealthy foods.  
<http://www.sciencedaily.com/releases/2010/10/101018174345.htm>
10. Have a few drinks to boost romance. Drinking in moderation with your spouse or partner can increase intimacy, according to research by Ashley Levitt of UB's Research Institute on Addictions.  
<http://www.buffalo.edu/news/12072>


[Comment/Share](#)

Source: NewsWise

NEW ARTICLES FROM HOWLIFEWORKS

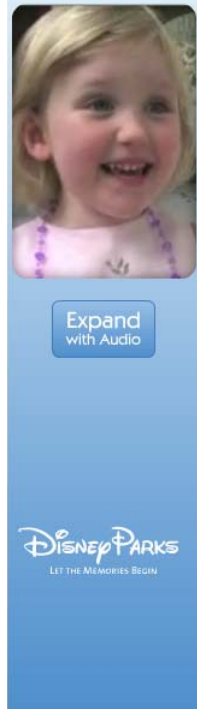
 Why Dieting May Soon Be of the Past

 The 3 Things Your Auto Insurance Company Does Want You to Know

 How to Afford a Once in a Lifetime Vacation Every Y

Complete Social Media Services

Get the best in Sentiment tracking. Be Known, Be First

 Disney Parks LET THE MEMORIES BEGIN

Expand with Audio

NewsBlaze Newsletters

Get Daily Updates

E-MAIL ADDRESS GO

Recent Visitors

Click to Get FEEDJIT

Popular Pages Today

- Social Network and Glee Sweeps 2011 Golden Globes 19.49%
- Art Hurts: Body Carving 18.64%
- Censorship in America 9.32%
- The Shake Weight Arm-Sculpting Craze



[Hampton Inn Milwaukee](#)

Within Walking Distance Of Local Attractions. Free WiFi. Book Today.  
[www.hamptonmilwaukee.com](http://www.hamptonmilwaukee.com)



[The Ambassador Hotel](#)

Historic Art Deco Hotel. Downtown. Convenient Location. Free Parking.  
[www.ambassadormilwaukee.com](http://www.ambassadormilwaukee.com)



[wi](#)

Get great deals on [wi](#). Shop eBay!  
[www.eBay.com](http://www.eBay.com)

Chitika | Select

Explore Content

[Junk Food](#) [Ub Dietrich](#) [Ub Anne](#) [Ub Researcher Lisa](#) [Ub Researchers](#)  
[Ub Assistant Professor](#) [Ub Ming](#) [Ub James](#)

Comment on this story, by email [comment@newsblaze.com](mailto:comment@newsblaze.com)

[Click here to get NewsBlaze News in your email](#)

Copyright © 2011, NewsWise

Copyright © 2011, NewsBlaze, [Daily News](#)

Tags: behavior,junk food,diabetes,obesity,learning,math,moderate drinking,resolutions,sleep deprivation, soy intake,stress,weight loss,kids,pediatrics,intimacy,cancer,caretaking,blood pressure,heart rate,eating,overeating

- Shaking up a Media Fr frenzy 9.32%
- 5. [Web Bot Predicts Over One Billion to Die Starting Nov. 2010](#) 9.32%
- 6. [Wet & Forget Non-Caustic Cleaner Debuts in U.S. Markets After Years of Success in Australia and New Zealand](#) 7.63%
- 7. [Critical Stock Alerts: Insider Trade for QUALCOMM, Monsanto, Range Resources, MetroPCS, Mastercard, & Accenture](#) 6.78%
- 8. [These 10 Comfortable Walking Shoes Are a Step in the Right Direction](#) 6.78%
- 9. [Interesting Facts About Dogs](#) 6.78%
- 10. [The McStay's 'Simple Plan' - Mired in a Metamorphosis of Mystery!](#) 5.93%

[Click to Get](#) FEEDJIT

**Buffalo News**

Search It

**Front-ya featured**

An article favorable Front Yarc Competitit 19...



More phot AP Brows Owners of run defen:



The UB B themself victory this They sat z

**Buff**

**NewsB NewsBlz NewsBl Conne**

**Spo**

**Writ**

**Help News news, inc Home Technology and more Relk**



Copyright © 2004-2011 NewsBlaze LLC

Use of this website is subject to our [Terms of Service](#) and [Privacy Policy](#)

[Support](#) [Press Room](#)