

Insider: Add spunk to your 2013 resolutions

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Weight loss, smoking cessation and a doctor's visit did not make this list of recommendations for your 2013 resolutions. While these things should certainly appear on your to-do list, it's time to step outside of the box and get away from the same bland resolutions year after year.



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Here are a few recommendations for your non-traditional New Year's resolutions:

Introduce a new food to your diet.

Don't try it once and scratch it off the list. Incorporate it into a meal every few weeks. Try different recipes and find what you like. New veggies or fruits are a great option.

Get out of debt.

If you racked up enough air miles on your credit card to take a trip around the world this holiday season, its time to get some counseling and get back on your feet.

Become a connoisseur of something.

Pick up a book or take a class on fine wines, exotic cheeses, art or anything you

enjoy. As a bonus, you'll probably make some new friends along the way! Several non-credit courses are available through the [Tulane School of Continuing Studies Madison Campus](#).

Teach a group exercise class.

An exercise instructor isn't always the skinniest person in the room. If you are energetic and have a desire to help others achieve their goals, try getting certified to teach aerobics. [Contact the Reily Center](#) for upcoming certification opportunities. Getting paid to work out is a win.

Get organized.

Out with the old and in with the new! Start with your closets and work your way to the pantry. Make a goal to organize your space by the end of the month. By the time spring arrives, you'll have time for a break instead of the dreaded spring cleaning.

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