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Starting and sticking with your exercise goal

Are you planning to make a New Year's resolution to go to the gym regularly?

For adults affected by ADHD, the struggle to exercise regularly and remain active can be difficult. Chris Marino, MS, a fitness educator and personal trainer has seen his clients' ADHD symptoms interfere with their fitness routines.



“How do we help people with ADHD start or sustain their motivation to exercise?” he writes in *Fitness & Your Brain: How to Start and Stick with Exercise*. [Keep reading for tips on creating your exercise and fitness New Year's resolution.](#)



Getting extraordinary results from small financial steps

“It is not necessary to do extraordinary things to get extraordinary results,” famed investor and CEO Warren Buffett is reported to have said.

You don’t have to be a Wall Street money manager, though, to take the steps you need this coming year to take control of your finances. While

many adults affected by ADHD have to contend with how the symptoms of impulsivity, impatience, and forgetfulness affect their budgeting, you can be successful with your money by taking small steps. In time, pennies saved become dollars in the bank. [Keep reading for tips on taking control of your finances.](#)

Getting organized in the new year

Are you searching through popular self-help books and websites trying to find useful tips on getting organized? Ari Tuckman, author of *More Attention, Less Deficit: Success Strategies for Adults with ADHD* has some suggestions for getting organized.

His first suggestion is to picture in your mind what it is you want to organize—a closet, the kitchen, a home office—and then imagine how and where you want items to be placed in that location.



“Once you’ve conceptualized your grand organizational system, you need to kick yourself into gear to put things away and then follow it through to the end, even when you’re tired of doing it,” he says. [Get tips on getting organized now.](#)

Reliable source for scientific and medical evidence-based information on ADHD

Are you a professional, researcher, educator, or adult seeking ADHD science-based studies or articles?

CHADD’s [National Resource Center on ADHD Library](#) is a reliable source for scientific and medical evidence-based information on ADHD and related topics. The library has more than 8,000 records of publications about ADHD in its database and is accessible online for the public. As an affiliate member of the National Network of Libraries of Medicine, the NRC Library can use the resources of the



large network for interlibrary loan.

The library collection includes:

- A physical library of books, professional magazines, audio-visual materials, and medical journals at CHADD's national office. This library is open to the public by appointment only.
- A searchable, online collection of books, journal and magazine articles, videos, audiotapes, and other materials on ADHD.

For further information about the NRC library or research assistance, email the NRC Librarian at library@chadd.org.

The logo features a stylized yellow flower icon to the left of the text "ADHD in the News". "ADHD" is in a bold, blue, sans-serif font, while "in the News" is in a blue, cursive script font.

- Health Care Spending for U.S. Kids Jumped 56 Percent in Less Than 20 Years
- Youth Who Misuse Stimulants Often Have Cognitive Dysfunction
- Study: Students With ADHD Not Helped by Common Test Accommodations
- ADHD and Depression: What's the Connection?

Read these and other articles in the [ADHD in the News weekly digest](#).

Did You Know?

The traditional New Year's song, "Auld Lang Syne," means "times gone by." It was written by Scottish poet Robert Burns in 1788. It is likely based on an even older folk song.

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