

LIFESTYLE

THE MOST POPULAR NEW YEAR'S RESOLUTIONS FOR 2024, ACCORDING TO A STATISTA SURVEY

New year, new you



Written by [Kaleb A. Brown](#), News Staff Writer who ties events you care about to products you need.
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2024 is here! And with it, a whole new batch of resolutions to make this year better than the last. **Statista** conducted a consumer insights survey to determine the most popular 2024 **New Year** resolutions among adults who have made one or more. If you're curious to see if your resolution makes the list, read on. We'll be going over the findings, as well as ways to **reach your goals** this year.

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What are the most popular New Year's resolutions of 2024?

1. To save more money

With **inflation** looming over the heads of shoppers nationwide, it certainly makes sense that the most popular resolution, at 59% of those polled, is to save money. If your goal for 2024 is to keep a bit more money in the bank, then you're in the right space, because we're **constantly looking for ways to help you save money** on the hottest products.

2. To exercise more

Fitness is on the minds of many this new year, as half of the respondents said they were looking to exercise more in 2024. An exciting way to do this is by taking up a new kind of exercise altogether. You may have used a biking or running machine, but have you tried using a rowing machine like Peloton's **The Row** or used a **workout mirror**?



Peloton Row

You're probably familiar with Peloton's Bike+, but the Row is another top-notch piece of exercise equipment to consider.

BUY NOW
at Peloton

3. To eat healthier

With 47% of respondents having this resolution, eating healthier is the third most common resolution. The appeal of eating easy, unhealthy meals is strong, but fortunately, meal kits offer just as simple of meals that will help you meet your health goals. Green Chef is just **one meal kit we've tested** that offers a variety of healthy meal options.



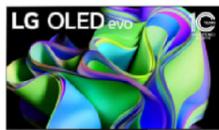
Green Chef

Green Chef offers organic ingredients and a variety of different diet-based meal plans.

BUY NOW
at Green Chef

4. To spend more time with family and friends

40% of respondents said that at least one of their resolutions is to spend more time with their friends and family. One way to do this is by hosting get-togethers. In the wintertime, you can host watch parties for events such as the Super Bowl—just make sure you have a quality **television**.



LG Evo OLED65C3PUA

The LG C3 OLED is incredible for TV, gaming, and more.

BUY NOW
at Amazon

When it gets warmer, you can host outdoor events like **bonfires** and **barbecues**.



Solo Stove Bonfire 2.0

The Solo Stove Bonfire 2.0 is smokeless and easy to clean.

BUY NOW
at Solo Stove



Weber Spirit II E-310

This grill is our favorite because it performs well, it's easy to use, and it looks nice, too.

BUY NOW
at Buy Now

5. To lose weight

35% of respondents stated that they wished to lose weight in 2024. There are multiple ways to go about this, but if you plan on exercising as your primary way to lose weight, you'll likely need to do plenty of cardio. If you have the space for it, we recommend using our value pick for **the best treadmill**, the Sole F63.



Sole F63

Get your cardio on with the Sole F63, our favorite treadmill we've tested.

BUY NOW
at Sole

6. To spend less money on living expenses

While you can save money by scoring deals on products, it's a bit of a tall ask to save money on expenses such as electricity and heating bills. Fortunately, there are ways you can still do so, namely through smart devices that give you greater control of your home. For example, using **our favorite smart thermostat**, the Nest Learning thermostat you can cut down your heating bill by having it automatically turn off heating for times of the day when no one is home.



Google Nest Learning Thermostat, 3rd Gen

The Nest Learning Thermostat is simple to install and can be controlled anywhere.

BUY NOW
at Amazon

7. To spend less time on social media

19% of respondents said they would like to spend less time on social media this year. One way to achieve this is by filling your time by reading books instead of posts. There are plenty of **e-readers** you can use to read wherever you are. Our favorite is the 11th-generation Amazon Kindle because it has a crisp, bright display, is easy to use, and is compact.



Amazon Kindle, 11th Gen

Read on the go with a quality e-reader, like Amazon's Kindle (11th Gen).

BUY NOW
at Amazon

8. To reduce stress on the job

19% of recipients stated they were aiming to reduce stress at work this year. Using a planner can keep you from getting overwhelmed with deadlines. The best-rated planner on Amazon is Clever Fox's Planner Pro. It has over 8,800 five-star reviews, with buyers praising how easy it is to use, and how it offers spaces to reflect.



Clever Fox Planner Pro

This planner by Clever Fox is the best-rated one on Amazon, and we can see why.

BUY NOW
at Amazon

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