



Tackling '25 with a fresh resolve

The Courier Mail (Australia)

December 31, 2024 Tuesday

CourierMail Edition

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Section: NEWS; Pg. 13

Length: 409 words

Byline: Anooska Tucker-Evans

Body

Health and financial goals are set to top the list of new year's resolutions for Aussies in 2025, with millions of us looking to eat better and save more.

In the survey of more than 1000 Australians by Finder, one in four aimed to eat healthier in the next 12 months, while 37 per cent wanted to improve their fitness, and a third vowed to lose weight.

Health goals weren't just about getting in shape, however, with almost one in five (17 per cent) trying to improve their sleep, while nearly one in 10 wanted to create a better work-life balance.

"Prioritising sleep and striving for a healthier work-life balance can significantly -enhance productivity, performance, and overall life -satisfaction," Finder consumer research head Graham Cooke said.

The survey showed improving finances was the other major priority for Aussies in 2025, after a tough 2024 courtesy of cost-of-living pressures and an expensive Christmas.

A **MONEYME** survey has found 23 per cent of us will take at least a month to recover -financially from the holidays.

Saving more money will be front of mind for more than half of the population (52 per cent) next year, with 32 per cent vowing to spend less, and 24 per cent set on reducing -expenses.

Meanwhile, 17 per cent plan to invest more.

Building an emergency fund will be a resolution for one in six, while one in seven will prioritise finding ways to -increase their earnings in the new year.

"Finder research shows that Australian investors are more likely to set goals, budget and take risks," Mr Cooke said.

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"Creating a budget and identifying unnecessary expenses and spending is key." With nearly a third of Aussies turning to credit cards -during the festive season to manage expenses, paying off that debt will be the goal for 10 per cent of Aussies.

MONEYME managing -director and CEO Clayton Howes said paying credit cards off should be a top priority to avoid getting into further -financial troubles.

"Late payment fees might seem small, but they can quickly add up," he said. "Avoid a snowball effect by making minimum repayments on time, every time." And for those with both credit card and buy-now-pay-later debt, Mr Howes recommended taking out a low-interest personal loan to help consolidate the debt.

TOP NEW YEAR RESOLUTIONS FOR 2025

1. Save more money 2. Eat healthier 3. Improve fitness 4. Lose weight 5. Spend less money 6. Reduce Expenses 7. Travel overseas 8. Invest more 9. Sleep more 10. Build up an emergency fund

Load-Date: December 30, 2024