



# HEALTHY HABITS TO INCORPORATE IN THE NEW YEAR

---

With the new year right around the corner, new beginnings bring motivation and the desire for positive changes. To avoid our resolutions fading by February, it is vital that we focus on small sustainable habits that contribute to a healthier lifestyle over time. When we make drastic and unrealistic lifestyle changes, they often are much harder to sustain and stick to for long term. Here are some simple lifestyle habits that you can practice in the new year for a lifetime full of happiness and good health.

## PRIORITIZE DAILY MOVEMENTS

---

Committing to daily physical activity is an impactful habit to implement in order to partake in a long term healthy lifestyle. It is important to understand that you do not need to spend hours at the gym when you are first starting your lifestyle and fitness journey. Regular daily movement can help to manage weight, improve mood and sleep quality, boost immune functions, enhance cardiovascular health, and prevent the onset of chronic diseases. It is helpful to start small and stay consistent, so here are some times to implement daily movement:

- Morning Stretches: start your day with 5-10min of stretching or yoga.
- Short Walks: Start by doing 10min walks after meals to improve digestion and get your body moving!
- Standing Breaks and Desk Stretches: At work have different time periods through the day where you can stand up, walk around, or stretch.
- Home Workouts: Try body weight exercises at home that require minimal space
- Weekend Activities: Incorporate active weekend activities such as walking, biking, or hiking.

## INCORPORATE MORE WHOLE FOODS

---

Whole foods are foods that are as close to their natural form as possible. These foods are unprocessed or minimally processed, and have no added sugar or artificial ingredients. Listed below are some great examples of some whole foods that you can incorporate into your weekly meal planning:

- Fruits and Vegetables
- Whole Grains
- Beans and Legumes
- Lean Proteins
- Nuts and Seeds





# HEALTHY HABITS TO INCORPORATE IN THE NEW YEAR

---

## INCORPORATE MORE WHOLE FOODS

---

Easy ways to eat more whole foods:

- Make colorful plates: aim to incorporate fruits and vegetables of various colors at each meal
- Snack Smart: swap unhealthy snacks for trailmix, fruit, hummus and veggies, or lightly salted popcorn
- Cook often at home: cooking more at home can make it easy to incorporate more whole foods since you are in full control of what you are consuming.

## GET CONSISTENT SLEEP

---

Quality sleep is necessary for maintaining physical, mental, and emotional health and well-being. When it comes to our fast paced work environment and busy lifestyles, sleep is often one of the first things we sacrifice. Getting consistent rest is not just about feeling energized, but can support your immune system, hormone balance, brain function, and even contribute to weight management. Here are some tips for building a healthy sleep routine:

- Stick to a sleep schedule: try going to bed the same time each night
- Create a calm bedtime environment: 30min-1hr before bed time try some relaxing activities such as reading, stretching or yoga, and deep breathing and meditation.
- Limit screen time before bed: blue light from phones, Tv's, and tablets can interfere with your natural melatonin production

## SCHEDULE YEARLY HEALTH CHECK INS WITH HEALTHCARE PROVIDERS

---

Preventative healthcare can be a powerful tool when it comes to lifelong wellness. It can help to prevent and detect the onset of health related conditions. Instead of waiting for illness to happen, a health care provider can help you to completely prevent illness from even happening. Health screenings can be a great opportunity to monitor your wellness and address any concerns. Here are some types of screening and preventative visits:

- Annual Physical
- Dental Exams
- Vision and Hearing Tests
- Immunizations

