

# New Year, better habits



There is no better time than the start of a new year to make resolutions to reset any unhealthy habits or set health goals. If you made resolutions in the past, but have trouble sticking with them, you may reconsider whether you're trying to bite off a little more than you can chew. **Rather than setting one big goal, it can be more manageable to adopt smaller healthy habits.** Here are some simple habits you can integrate, without having to set a resolution.

**Be proactive about your health.** For example, schedule your yearly checkup with your doctor, schedule teeth cleanings and plan your annual eye exam. These three simple measures are integral to preventive care.

**Reset your priorities.** Say “no” to non-essential tasks to free up time for relaxing activities, like reading, catching up with friends and spending time on your hobbies.

**Drink one more glass of water each day.** Better yet, swap your daily sugary beverage habit out for an extra glass of water.

**Get up and move!** It benefits both your physical and mental health. If you're feeling drained, down and stuck, exercise could be the boost you need.

**Stick to sleep schedule.** Go to sleep and wake up at the same time every day to help normalize your circadian rhythms.



## Fuel your body smartly.

Choose wholesome foods when you can such as fruits and vegetables, lean proteins, and whole grains.



**Make half your plate at each meal fruits or vegetables—** you'll quickly and easily boost your nutrient intake.

**Stay positive.** Don't let life's setbacks keep you from being happy. Use them as learning experiences to empower you!

**Practice gratitude.** Boost your mood by spending a few minutes each week reflecting on all of the things you're grateful for.

**Take 10 to tidy up.** Spending 10 minutes each day cleaning up an area of your home or workspace can help you feel more organized.

We're here to help. Health Advocate can get you to the right support and resources to help you improve your health and well-being.



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