

Caring for you in all ways. Always.™



Working toward wellness year-round

New Year's resolutions can be a great way to jump-start healthy habits, but for many people, after a few weeks, those resolutions may fall by the wayside. Here's how you can stay on track with your goals by prioritizing wellness all year long.

- **Eat a little better.** You don't have to give up your favorite foods to eat healthier. Instead, start by just adding more fruits and veggies to your meals.
- **Move your body.** Staying active doesn't mean you need to spend hours at the gym. Find activities you enjoy, like dancing, walking, biking, or swimming.
- **Set healthy goals.** Have a habit you want to break, like smoking or excessive screen time? Set a small, realistic goal to start. If you smoke, focus on cutting back one day at a time or look into programs that can help you quit.

Setting mental health goals

Boost your mental and emotional health by creating effective goals. Choose goals that are specific, realistic, and measurable. A few examples: Limit social media to 30 minutes daily to reduce stress, or spend 15 minutes outside every day.

Making family fitness a priority

Family fitness is a win for everyone! It strengthens bonds and helps everyone get active. Be sure to incorporate activities that are enjoyable and appropriate for everyone, and that you can make into habits—like taking a walk in the park every weekend.

Expert help, delivered with heart



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