

## Simplify Your Health this Year

### Set Simple Goals for Better Results

Do you typically set a resolution for the New Year? A recent survey revealed that **64%** of Americans wait until the new year to make healthy changes in their lives, with **80%** of those resolutions forgotten by February.

However, by starting with the **simplest** goals, you have a **greater chance of success** at the start of your journey — and when you reach these small milestones, you'll feel more motivated. Incorporating **simple habits** into your daily routine can make reaching your overall health goals more attainable.

## SIMPLE HABITS FOR BETTER HEALTH

*Set yourself up for success this year by implementing these simple habits into your daily routine, and keep your health goals on track.*



- **Drink a glass of water each morning.** Before your day has even started you've accomplished something healthy for your body.
- **Commit to eating one additional vegetable a day.** Add a produce bowl on your counter to grab a quick snack.
- **Prioritize your sleep.** Getting enough sleep plays a vital role in overall health. Adults need at least 7 hours of sleep per night.
- **Walk more.** Start out small by committing to a 10-15 minute walk each day and add minutes as you build up endurance.
- **Floss daily.** Focusing on oral health can dramatically impact overall health.

SOURCES: Center for Disease Control & Prevention, Mayo Health Clinic, PR Newswire