Tips for a Healthier New Year

To Make Big Changes This Year, Start Small!

Health is typically a priority for most Americans when heading into the New Year, with **55% of all resolutions** being **health-related.** However, **only 8%** of people actually accomplish their resolutions. Instead of setting overly ambitious goals, make small tweaks to your daily routine that can in turn create **big changes** in your life that feel natural. Try to **incorporate simple, healthier habits** into your everyday life to **improve** your overall health and well-being this year.

Add Color to Your Plate

Add more color to your meals with plant-based foods like vegetables and fruit. Try to include a serving at each meal.

Get Up and Start Moving

Just 2.5 hours of moderately intensive activity per week can make can make a big difference in your health.

Always Wash Your Hands

Hand washing reduces the spread of germs, especially during flu season. Twenty seconds is all it takes.

Get a Good Night's Sleep

Sleep repairs the body. Your cells will produce more protein needed to repair damage to your body tissue.

Schedule Annual Wellness Exam

When you skip or postpone exams and screenings, you may delay detecting disease. Some screenings allow doctors to treat diseases early.

Try to Turn it Off

Excessive screen time can also result in headaches, neck, shoulder and back pain and make it hard to fall asleep.

SOURCES: Mayo Clinic, Health Matters NYP, Health Advocate, Statista