Have a Happy – and Healthy – New Year

Don't Make Resolutions... Create Habits!

Making New Year's resolutions is a common tradition, but **77%** of people who make them will break them within just a few weeks – in fact, the second Friday in January has been informally designated as "Quitter's Day." Only **8%** of people stick to a resolution the entire year.

This year, instead of setting resolutions that you probably won't keep, focus on **creating habits** that can make a big impact on overall health and longevity. Choose something that is sustainable and effective.
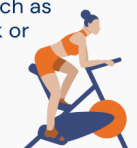
Healthy Habits for a **Healthier** New Year

Building better habits can ensure that our goals, and our self-esteem, remain stable throughout the year.

Find exercises and activities you enjoy.
Start by setting small goals to get moving each day such as taking a 20-minute walk or moving your body 10 minutes before picking up your phone in the morning.

Add in healthy foods.
Include healthy foods such as fresh fruits, veggies, nuts and whole grains rather than taking foods away.

Plan some of your meals.
This is simple and effective because it allows you to take control of what you eat and when, reducing the chances of making unhealthy or impulsive food choices.

Floss daily.
Focusing on oral health can dramatically impact overall health. Adding in the habit of flossing daily takes just minutes.

Drink more water.
Start off each morning with a glass of water, then aim to drink a glass each hour throughout the day.

Get a good night's sleep.
Sleep repairs the body. Strive to set a time each night to put the phone down and be in bed with lights off.

SOURCES: Mayo Clinic, Discover Healthy Habits, Forbes.com, Strava