



The start of a new year is a great time to recommit yourself to living healthy!

A busy schedule can make it hard to stick to your health and wellness goals.

Big goals can feel overwhelming, especially if they involve lifestyle changes.

Even when you start a goal with the best intentions it can be easy to fall off the wagon.

Whether you want to exercise more, change your diet, or spend more time with your family – small changes will help you achieve your goals.

### FIT EXERCISE INTO YOUR NORMAL ACTIVITIES

It is recommended adults get 30 minutes of exercise every day. This can feel overwhelming if you do not currently exercise but every little bit counts!

Easy ways to incorporate exercise into your everyday life include:

- Get outside and walk your dog
- Take your child for a brisk walk
- Walk around the mall
- Join a sports team
- Walk and talk with friends
- Tune into fitness during TV time
- Park and walk
- Take the stairs
- Dance!

The more consistent you are with activity the easier it gets! Every small step will help you become stronger and healthier.

### HEALTHY EATING DOESN'T HAVE TO BE HARD OR TASTE BAD

Eating healthy starts with knowing what you are currently putting in your body. Reading nutrition labels and keeping a food log help you be more aware of what you are eating.

Getting better nutrition is now easier than ever with websites/apps like:

- [www.choosemyplate.gov](http://www.choosemyplate.gov)
- [www.myfitnesspal.com](http://www.myfitnesspal.com)

Some tips for creating a great plate include:

- Balance calories
- Enjoy your food, but eat less
- Avoid oversized portions
- Eat more vegetables & fruits
- Incorporate more whole grains
- Switch to fat-free or low-fat milk

# PRIORITIZE YOUR WELLNESS

## GET ENOUGH SLEEP

The amount of sleep you need varies from person to person.

- Most adults require 7-8 hours per night.
- Sleep helps the body recover from daily stressors.
- Lack of sleep can negatively affect your health.

Practice good sleeping habits by:

- Going to bed and waking up at the same time every day.
- Light can make it harder to fall asleep - avoid looking at screens at least 30 mins before bedtime.
- Get moving! Regular exercise and sleep go hand in hand.
- Take time to relax before bed.

## SEE YOUR DOCTOR REGULARLY

It is important to see your doctor at least once a year.

Seeing your doctor regularly helps make sure you are:

- Up to date on vaccines and preventative screenings.
- Identifying risk factors for common chronic diseases.
- Discussing age-related milestones.
- Not running out of medication refills.

## DON'T FORGET ABOUT HYDRATION

Keeping your body hydrated helps your heart pump blood easier and helps your muscles work better.

For most people, water is the best drink for staying hydrated.

How do I drink more water?

- Keep a reusable water bottle with you.
- If you don't like plain water try adding lime, lemon, or a sugar-free flavor enhancer.
- If you can't remember to drink water, set-up a schedule.

## HELPFUL POINTERS TO HELP YOU ACHIEVE YOUR GOALS

- Visualize how you will achieve your goal.
- Create accountability – try talking to a friend about your goal and then routinely report back what you accomplished.
- Make it smaller – break down your big goal into multiple smaller goals.
- Integrate your goal into your daily life by making it part of your routine.
- Surround yourself with people who motivate you.
- Reflect on the progress you have made.
- Know that you can do it!

## HEALTHY SNACK IDEAS:

- Cottage cheese with fruit
- Small handful of almonds
- Apple or celery with peanut butter
- Lightly buttered popcorn
- Trail mix
- Strawberries in yogurt
- Pita chips and hummus
- Whole grain toast with honey

We care about your health and well-being and our staff of registered nurse care managers, mental health professionals, wellness coaches, and clinical pharmacists are here to help. If you have questions, please call 855-586-2568, Monday through Friday, 8 a.m. to 5 p.m. MT.