

## **New Year's Resolutions: Ring in Wellness for the New Year!**



*If you did not make a New Year's resolution, it is still not too late. Some people make resolutions on their birthday, but any day will do. Here are some suggested resolutions that will benefit your health.*

### Try the 80/20 approach

Trying to eat too healthy can set you up for failure. So instead, strive for healthy food choices 80% of the time, which gives you some leeway for the remaining 20% of the time. You can enjoy all foods on a healthy eating plan, but pay attention to how much and how often you select higher-calorie, higher-fat items.

### Follow the low-calorie snack rule

There are many wholesome, nutritious snacks that are low in calories. Make sure your snack includes at least two food groups. Here are some suggestions:

- 1 cup (C) baby carrots and one sliced bell pepper, served with 2 tablespoons (Tbsp.) of hummus
- ½ C of low-fat cottage cheese with ½ C canned peaches in lite syrup
- ½ ounce (oz.) of nuts with 1 medium apple, sliced
- 4 - 6 oz. of low-fat yogurt with ½ banana
- 1 slice 100% whole wheat bread with 1 Tbsp. peanut butter

### Set small goals to stay on track

Setting large goals (for example, lose 20 pounds) can be overwhelming. Make your life easier by setting small goals; for example, lose 1 pound this week.

### Manage time efficiently

Organize your time by ranking items as high, medium, and low priority. Focus first on the high-priority items and then remove any low-priority items from your list, if possible.

### Resolution ideas

- **Make it a point to wash your hands frequently to help you stay healthy;** washing your hands is the best way to prevent the spread of bacteria and viruses.
- **Aim for 30 minutes of exercise per day;** exercising improves your mood.
- **If you smoke, resolve to quit today!** Quitting smoking is the single most important thing smokers can do to improve their health. Smoking is the leading cause of preventable death.

