



CHEERS TO A HEALTHY 2024!

With every new year comes new hope to create a better version of ourselves. People make endless lists of resolutions they struggle to keep usually due to the highly restrictive, unrealistic, and unsustainable goals they set. Health experts say it's important to make resolutions that can not only improve health but also be followed for life. The 12 healthy resolutions below are sustainable ways to improve your physical and emotional wellbeing for the long haul:

- Eat more whole foods
- Sit less and move more, find a physical activity you enjoy
- Cut back on processed and added sugars
- Get more quality sleep
- Drink more water
- Take more “me time” and practice self-care, be present
- Spend more time outside
- Limit screen time
- Try 10 minutes of meditation a day
- Cut back on alcohol
- Take vacation
- Visit your doctor and dentist regularly

Remember, these are meant to improve your health and wellness, so it's important not to stress out. Taking small steps towards better health and focusing on progress over perfection is how to create healthy habits to last for many years to come.