

January

Healthy Resolutions

for a Happy New Year

Be Grateful

Being thankful for even the little things lifts our spirits and helps maintain emotional health.

Practice Random Kindness

As often as possible, do something nice for someone else. While the recipient will appreciate the kindness, the ultimate joy lies with the giver.

Always Eat Breakfast

Breakfast helps kick start our metabolism for the day, and we also get "fuel" to power our bodies for the day ahead.

Dig Deeper

Digging into an interesting topic can help keep the synapses of your brain active and healthy.

Play Games

Boost your brain two ways: with social interaction and fun and by working through game strategies. It's literally a "win-win"—even if you don't actually win.

Get Puzzled

Doing crossword puzzles, sudoku or putting together an actual puzzle helps stimulate the mind and challenge our critical thinking processes to stay sharp!

De-Stress

Taking a few minutes every day to de-stress—in whatever way is best for you—can alleviate a number of harmful chemicals that are caused by stress.

Reduce Sugar Intake

Instead of reaching for a soda or candy, opt for a healthier alternative like a flavored water or fruit snack.

Get moving

While at least 30 minutes of exercise three or more times a week is best, even adding a few extra steps here and there throughout the day is beneficial.

Eat Your Veggies

Eating fruits and vegetables provides nutrients our bodies can use to help heal itself, provides a natural energy boost and keeps the digestive system functioning properly.

