

January 2016 — Ringing in A Healthy New Year

Here are some New Year's resolutions for a happier healthier you!

Lose Weight. If you are overweight, lose weight to be healthier and have more energy. If you are at normal weight, increase your physical activity to become more fit.





Stay in touch with Family and Friends. Being connected with those you care about is important to your overall happiness and mental health.



Quit smoking or using vapors. Smoking is harmful. We are only just beginning to learn the harmful effects of vapors. Quit chewing tobacco. Chewing tobacco puts you at risk for a number of cancers.

Cut your stress. Find a way to laugh each day. Laughter helps relieve stress. Find ways in your everyday life to reduce the stress you feel and then practice coping mechanisms to deal with the stress you still have.





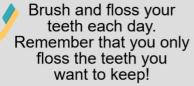
Travel. Get out of your routine. Get away from the work in the office and the chores at home. Come back refreshed. Don't be a person who never takes a vacation.



Cut back on alcohol. Heavy drinking is related to many health problems. Get more sleep. Adults need 7-9 hours per night. Sleep is important for clear thinking, memory, attention, learning and appearance.



Incorporate at least
30 minutes of
moderate physical
activity into your
daily life!



Save money. Save money for future retirement and unexpected expenses.



Author

HIGHLIGHT

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