

Top 10 Health Resolutions

Making resolutions at the beginning of a new year can help define a sense of purpose and motivation for the year ahead. Wellness resolutions can include practices from the three key areas of health – Body (physical), Mind (mental & emotional) and Spirit.

Body:

- 1 **Eat Breakfast.** Breakfast helps kick start the metabolism for the day and “fuels” the body for the day ahead.
- 2 **Get Moving.** Adding a few extra steps here and there throughout the day benefits the body in big ways. Take a walk. Do a little dancing. Every bit helps!
- 3 **Reduce Sugar Intake.** Instead of reaching for a soda or candy, opt for a healthier alternative like a flavored water or fruit snack.
- 4 **Eat Your Veggies.** Colorful fruits and vegetables contain lots of good nutrients the body can use to help heal itself, provide a natural energy boost and keep the digestive system functioning properly.



- 7 **Learn Something.** Learning a new skill or diving deeper into an interesting topic can help keep the synapses of the brain active and healthy.

Spirit:

- 8 **Practice Gratitude.** Being thankful for even the little things lifts our spirits and helps maintain emotional

health. Start a new tradition of ending each day with “What I’m grateful for today is...” and fill in the blank. Adding this one ritual to our daily routine can be a big boost for our psyche.

- 9 **Practice Random Kindness.** Once a week, give something totally unexpected to someone else. The “gift” could be as simple as genuine, heartfelt words of encouragement or an uplifting observation. While the recipient will appreciate the kindness, the ultimate joy lies with the giver.
- 10 **De-Stress.** Left unchecked, stress can contribute to a myriad of health conditions. Taking a few minutes every day to de-stress and meditate or simply “play” for a few minutes can alleviate a number of toxins that are produced when we are in a stressed state of mind.

Mind:

- 5 **Get Puzzled.** Doing crossword puzzles, sudoku or putting together a jigsaw puzzle can help stimulate the mind and challenges the critical thinking processes to stay sharp.
- 6 **Play Games.** Challenging brain power in a social situation can help boost mental health too. Board games, video games or a classic game of charades or Pictionary® are all great.

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