

# Attainable New Year's Resolutions!



Committing to a New Year's Resolution can be tough for many. We tend to set goals that we have higher expectations for rather than setting realistic goals that are measurable. There are plenty of ideas to benefit your health that will leave you feeling more satisfied, less frustrated, and ultimately will help you improve your well being and quality of life without the fear of not committing. These healthy New Year's Resolution ideas are great for anyone!

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## **Drink 8-10 Cups of Water a Day**

One of the first steps to succeeding in your health is drinking enough water. Drinking enough water each day can help relieve headaches, boost your energy, relieve constipation, and can even help aid weight loss.

## **Practice Self Care Every Week**

Self-care tends to improve our immunity, increase positive thinking, and make us less susceptible to stress, depression, anxiety, and other emotional health issues. Practicing self-care will be a positive way to start your journey in creating an attainable health plan.

## **Eat More Plants**

Getting your daily recommended intake of fruits and veggies isn't easy. Fruits and vegetables are some of the most nutrient-dense foods. Per calorie, you get a much higher ratio of key nutrients that our bodies need, like vitamins and minerals. By eating more plants, you're lowering your calories and getting more of the building blocks your body needs to build your health. Consuming a variety of fruits and vegetables have shown to promote longevity, disease prevention and overall wellness. Increase your intake in plant-based foods to improve your overall health.

## **Learn the Art of Mindful Eating**

Learning the art of mindful eating can be tricky. While eating, we tend to multitask, whether that is talking, watching TV, etc. Start by eating your meal sitting down. Get rid of everything else around you. No phone, no computer, no work. Be more present and mindful while you eat. Sitting down to eat your meals is an incredibly healthy practice.

### **Track Your Steps**

Walking is a great addition to your New Year's Resolution. Walking has amazing benefits, even when moving slow. The idea behind this is working slowly, but frequently. Sitting too much and constantly being inactive is detrimental to our health. When tracking your steps, you start to realize how much you move during the day, and you can adjust accordingly.

### **Spend More Time Outside**

There are many correlations between nature and overall health. Nature can help with depression, exercise, and even creativity. Nature can lower blood pressure and stress hormone levels, reduce nervous system arousal, enhance immune system function, increase self-esteem, reduce anxiety, and improve overall mood.

### **Practice Body Positivity**

Something as simple as body positivity is another idea for improving overall health. Body positivity is a movement geared toward challenging how society views the body, promoting acceptance of all bodies, helping build confidence and acceptance to their own bodies, and addressing unrealistic body standards. Confidence in your own skin can highly improve your overall commitment to your health. Showering your body with positivity and gratitude can help you treat your body well along with greater self-confidence.

### **Go To Bed Early, Wake Up Early**

Sleep is essential to our health, and when you turn in early, you wake up early. People who go to bed earlier are happier, reduce their risk of disease, and control their weight easier than those that don't. Work on getting 8 hours of sleep at night and start your day early! Waking up and starting your day early can really improve your overall energy to stay active.

### **Keep Healthy Snacks Near You**

Keeping healthy foods around you makes it easy to forgo the salty and sweet cravings. Consider when we are hungry, we tend to go for unhealthy snacks like chips, sodas, candy, etc. Instead, go for dehydrated fruit, seeds, granola, etc.

### **Experiment with Spices**

There are many benefits to using spices in your meals. Consider using spices such as cinnamon, turmeric and garlic while cooking. Antioxidants in many of these spices have been linked to lower inflammation, which is often linked to toxic diseases.

### **Be Active Daily**

Even if it is for 10 minutes a day, stay active! Aim for 30 minutes of activity daily. Most people find it easy to break it up throughout the day: 10 minutes before work, 10 minutes after work, and 10 minutes at home in the evening. However you decide to stay active, consistency is key. Make measurable time frames for you throughout the day to work based off your schedule, there is always time for even a 10-minute walk.