Easy-to-keep resolutions for the new year

Happy New Year! The beginning of every year brings celebrations and, of course, New Year's resolutions. But did you know that 80 percent of New Year's resolutions fail by February? We put together a list of resolutions that focus on whole-person health and are easy to do and stick with throughout the year.

- **Go to bed 30 minutes earlier** – Sleep is extremely important to your mental and physical health! Make it a point to put your phone down a little earlier every night and spend that time getting some much-needed rest.
- **Try a new exercise once a month** – If you've decided that you want to exercise more in 2020 but can't find the motivation to go to the gym, try something new! Exercise doesn't always have to be running on a treadmill or lifting weights. Why not try that barre class you've been looking at or join a recreational sports league? Exercising in a group setting can make it easier to stay motivated, and you may even find a class friend to keep you motivated!
- **Volunteer once a month** – We know that free time is hard to come by, but what's a better way to feel good about yourself than helping others? Maybe you're a total animal lover and want to help at an animal shelter or you really care about keeping our environment clean. Whatever you prefer, volunteering is a great way to make a difference and feel connected to your community.
- **Try a new, healthy recipe every week** – Small changes turn into big differences, including with your health! You don't have to restrict yourself to eat healthier. Try making one new healthy recipe each week. You may find your new favorite recipe, and you'll feel better incorporating healthy foods in the process! You can even replace going out to eat with this meal if you're trying to save money this new year.
- **Practice positive self-talk** – One way to be healthier in the new year is to focus on your mental health! It's easy to be critical of yourself, but it's important to make sure you think positively and are kind to yourself. Not only will it help boost your mood in the moment, but it will also help you become more confident in yourself in the long run.
- **Try a new hobby** – As we get older, we have more responsibilities and less free time. If you've always wanted to try out a new art class or pick up a new instrument, use the new decade as an excuse to spend time doing something you love! It's important to have time where you focus on yourself and your passions, and the new year is the best time to do that.
- **Go on a family walk twice a week** – A lot of times, New Year's resolutions focus on losing weight in unhealthy ways. If losing weight or exercising is your goal for the new year, try starting small by encouraging the whole family to be active together in a fun way! Taking a walk with your family and even bringing your dog along turns exercise into quality time spent with those you love.

If you have questions about health goals you want to set this year, call (972)599-9600 or click here to schedule an appointment.