

## New Year, Fresh Focus: Wellness Strategies for a Healthier 2025

*Implementing simple health habits can make all the difference in the new year.*

As we welcome a new year, January offers a perfect opportunity to reset, refocus, and prioritize our health. Whether it's improving nutrition, increasing physical activity, or managing stress, **small, sustainable changes** (instead of unrealistic resolutions) can lead to long-term wellness.

Instead of focusing on cutting out or depriving yourself, shift toward habits that foster health, happiness, and sustainability. Remember that change doesn't have to happen overnight. **Start small, stay consistent, and show yourself grace** along the way. Make this the year of sustainable, positive change.



- **Start each day with a glass of water.** Aim to drink at least 8 glasses of water daily, even in winter.
- **Prioritize nourishment over restriction.** Instead of what to cut out, focus on what to add in. Start with one new veggie a week or add a handful of spinach to your morning smoothie.
- **Make sleep a priority.** Getting enough sleep plays a vital role in overall health. Adults need at least 7 hours of sleep per night.
- **Move more, sit less.** Find ways to add more steps to your day. Park at the end of the lot, take the stairs over the elevator. Even the smallest amount of steps add up.
- **Limit Screen Time:** Reduce unnecessary screen time, especially before bed.

SOURCES: AMERICAN HEART ASSOCIATION, HARVARD HEALTH PUBLISHING, CLEVELAND CLINIC