

# Making Your New Year's Resolutions Stick



A New Year often means new opportunities to live healthier. You may want to lose weight, follow a healthier diet, or start an exercise routine. However, not everyone can stick to their resolutions, with many ending up abandoning their goals within a few weeks. That's why many people make the same resolutions year after year. If you want to break that cycle, it's important to choose resolutions that are simple and attainable.

**Here are some New Year's resolutions from our providers.**

- Eat more whole food: It is one of the easiest and most sustainable ways to improve your overall health.
- Sit less and move more: It is an easy and effective way to increase physical activity.
- Cut Back on sugary drinks: Sugary drinks can increase your risk of serious health problems, such as diabetes.
- Get more quality sleep: Good sleep improves your brain performance, mood, and health.
- Make time for self-care: Taking time to relax and de-stress can improve brain function and memory, boost your immunity, as well as lower the risk of depression, anxiety, hypertension, and heart attacks.
- Visit your doctor: By seeing your doctor routinely, you can stay on top of your health.

This new year, try out some of these suggestions to achieve a healthier and more balanced life!

Best of luck with your goals, and cheers to the New Year!

*Disclaimer: No content on this site, regardless of date, should ever be used as a substitute for direct medical advice from your doctor or other qualified clinician.*