



# NEW YEAR, HEALTHY NEW HABITS

Go ahead, make a change

Eating better and forming healthier habits can help make a difference in how you look and feel. So give yourself a boost by trying these top tips.

- › **Drink water.** Make sure to get enough water every day (use your thirst as your guide). Drink more if you've been exercising, are in a hot climate or have a fever, diarrhea or are vomiting.
- › **Eat breakfast every morning.** A healthy breakfast helps to kick-start your day and gives your brain and muscles the energy they need to work their best. You'll be better equipped to stay focused and get things done. It can also help you take in more vitamins and nutrients.<sup>1</sup>
- › **Avoid all trans fats and limit your intake of foods that are high in saturated fat or sugar.** This may help prevent disease by keeping some of your health numbers like cholesterol and blood sugar in check.
- › **Eat fruits, veggies, whole grains, nuts and lean protein like fish.** These are packed with nutrients that are good for every part of you, even your skin.<sup>2</sup>
- › **If you smoke, give it up.** Not only is smoking bad for your health, it will make you look old before your time.
- › **Protect your skin.** To reduce the risk of sun damage, always use sunscreen with SPF 15 or higher, wear a hat when outside and try to avoid sun exposure between 10:00 am and 3:00 pm.
- › **Keep moving.** Take the stairs instead of the elevator. Walk to the store. Leave your desk and visit a coworker instead of sending them an email. Walk and talk with friends instead of meeting for lunch or dinner.
- › **Nurture social connections.** Consider reconnecting with a friend or family member. Or make an effort to meet new people by signing up for a cooking class, joining a gym or getting involved in a community event.
- › **Take up a hobby.** Hobbies can be relaxing, enjoyable and fun. Find something that you are interested in doing, and make it part of your life.
- › **Get enough sleep.** Sleep is vital to good health, as well as your mental and emotional well-being. Adults ages 18 to 64 need at least seven to nine hours of slumber each night.<sup>3</sup> Kids need more, depending on their age.

Together, all the way.®



Sources:

1. WebMD. "Breakfast: Is It the Most Important Meal?" <http://www.webmd.com/food-recipes/most-important-meal> (last reviewed February 23, 2016)

2. WebMD. "7 Anti-Aging Foods for Your Skin" <http://www.webmd.com/beauty/skin-glow-13/anti-aging-skin-foods> (accessed May 23, 2016)

3. National Sleep Foundation. "National Sleep Foundation Recommends New Sleep Times". February 2, 2015. <https://sleepfoundation.org/media-center/press-release/national-sleep-foundation-recommends-new-sleep-times> (accessed July 21, 2016)

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