



Healthy Holidays

HAPPY NEW YEAR

New Year
New You



The New Year is a perfect time to reflect on the past 12 months and assess what habits you want to take with you, and what you want to leave behind. Yes, resolutions can both feel and be hard to keep, but they don't have to be. Become your healthiest self today!



It only takes
21 days to
make a habit.



Jump-Start Health

Drink more water. You've heard it time and again, but the fact remains: Drinking the right amount water is a key ingredient in staying healthy. If you're drinking more water, you'll have less room for sugary sodas.

Go green. By keeping your cabinets stocked with heart healthy fruits and vegetables you are in better shape to stick to your resolution.

Eat seasonally. Good for your budget and waistline, eating seasonally means you are getting food at its peak performance and flavor level.

Cut out processed food. Decide this year is going to be the year you say no to aspartame, high fructose corn syrup and hydrogenated oil. In fact, 75 percent of the salt in the average American diet comes from salt added to processed food and restaurant meals!

Eat more fiber. Whole grains are filled with fiber, which makes digestion easier and helps you feel fuller when you're done eating – both key factors in weight management.

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