

GOALS

5 WAYS

TO HAVE A

HEALTHIER

YEAR



This year, let go of perfection and set small, attainable resolutions. Every step in the right direction can help you ring in a healthier new year.



1. COUNT MORE SHEEP

Tired of being tired? Make sleep a priority. Set a bedtime and stick to it. Embrace healthy sleep habits like turning off screens before turning in. Aim for at least seven hours of z's.

4. BE KIND TO YOU

Get into a positive daily habit of self-care. Read for 15 minutes before bed. Take a bath. Download and use a meditation app. Or write in a gratitude journal.



2. GET SCREENED

Put off your mammogram? Unsure of your cholesterol levels? Sit down and schedule all your preventive care appointments. Screening tests can help you catch health problems early, when they are easiest to treat.

5. MOVE IT

Simply moving more each day can help ward off a host of health issues and lower stress. Aim for 2½ hours of moderate-intensity exercise each week. Even five-minute walks can add up to big benefits!



3. EAT CLEAN(ER)

Eating healthy doesn't mean giving up entire food groups. Boost your intake of vegetables, fruits, whole grains, and lean proteins; ditch processed fare whenever possible.



GET SUPPORT

Embarking on a journey to better health is always easier when you have the right resources. For more trusted tips, explore www.health.gov/myhealthfinder.