

## Healthy COMMUNITY

- ☐ Be respectful of your neighbors.
- ☐ Buy locally grown produce. Rinse all produce thoroughly.
- ☐ Donate unused clothes, household goods, or food.
- ☐ Enjoy our beautiful parks and beaches.
- ☐ Do one kind thing every day.
- ☐ Participate in a charity walk.
- ☐ Pick up after your pets.
- ☐ Pick up trash in your neighborhood.
- ☐ Reduce, re-use, and recycle.
- ☐ Support local crafters, farmers, and food producers.
- ☐ Volunteer.

## Healthy WORKPLACE

- ☐ Advocate for healthy food choices at work.
- ☐ Be considerate of your co-workers.
- ☐ Hold a walking meeting. Take a walk during your breaks.
- ☐ If you're sick, stay at home.
- ☐ Keep your break room clean. Clean the fridge and microwave.
- ☐ Obtain ergonomic furniture or a stand-up desk.
- ☐ On the computer a lot? Take short breaks to rest your eyes.
- ☐ Practice open communication.
- ☐ Recycle: paper, Hi-5 containers, batteries, printer cartridges, computers, telephone books
- ☐ Share a laugh each day.
- ☐ Share healthy snacks like fruits with co-workers.
- ☐ Take the time to greet each other.

# Healthy Happy New Year!

# 2019



Healthy, Happy New Year!

What are you looking forward to in 2019? Do you want to be a little healthier? Set a goal and start with small steps to a healthier you. Here are some ideas. Choose a few ideas that you can do in this new year.

Best wishes for a healthy and happy new year from the Nutrition Education for Wellness Program!

## Healthy YOU

- ☐ Be physically active every day.
- ☐ Be smoke-free: free from tobacco and e-cigarettes.
- ☐ Breathe. Practice deep breathing.
- ☐ Choose healthy snacks such as fruit, vegetables, or nuts.
- ☐ Choose low-fat or nonfat milk and calcium-rich foods.
- ☐ Choose the small bento or one-choice plate lunch.
- ☐ Do one kind thing every day.
- ☐ Drink water instead of soda or sugar-sweetened beverages.
- ☐ Eat a variety of foods.
- ☐ Eat less fat, fatty foods, and fried foods.
- ☐ Eat until satisfied, not full.
- ☐ Enjoy your food. Take your time when eating.
- ☐ Fill half your plate with fruits and vegetables for most meals.
- ☐ Fill up on fiber: vegetables, whole grains, dry beans & peas.
- ☐ Find time to relax.
- ☐ Get more sleep.
- ☐ Go for a swim or to the park or gym.
- ☐ Have your eyes checked.
- ☐ Learn something new.
- ☐ Make time to enjoy your hobbies.
- ☐ Manage stress through meditation, massage, music, yoga,...
- ☐ Read for pleasure.
- ☐ Rinse all raw fruits and vegetables before eating.
- ☐ See your doctor or health clinic for a check-up, vaccination, or screening.
- ☐ See your dentist at least once a year.
- ☐ Skip the flavored coffees and sweetened beverages.
- ☐ Spend more time with friends.
- ☐ Stay hydrated. Drink water throughout the day.
- ☐ Take care of YOU and then take care of others.
- ☐ Take the stairs instead of the elevator or escalator.
- ☐ Try new foods. Prepare new recipes.
- ☐ Visit a health fair.
- ☐ Walk more. Leave your car at home or park farther away.
- ☐ Wash your hands often with soap and water.

## Healthy FAMILY

- ☐ Bike or take a hike. Walk your dog.
- ☐ Call or visit a relative or friend you haven't seen in awhile.
- ☐ Carry on family traditions or start new ones.
- ☐ Cook together.
- ☐ Draw your family tree.
- ☐ Eat a meal together: sit, talk, and eat together.
- ☐ Eat fruits and vegetables everyday. Rinse all produce thoroughly.
- ☐ Enjoy physical activities with friends and family.
- ☐ Keep your reusable grocery bags clean and germ-free.
- ☐ Make family time a priority. Share a laugh each day.
- ☐ Practice open communication.
- ☐ Prepare and eat more meals at home.
- ☐ Read to someone.
- ☐ Reduce screen time (phone, computer, TV, etc.).
- ☐ Share your plate lunch.
- ☐ Spend time outdoors. Prevent mosquito bites.
- ☐ Use a cooler when shopping for cold foods.
- ☐ Use a helmet when biking or skate boarding.
- ☐ Use seat belts, child safety seats, and booster seats.
- ☐ Use sunscreen.
- ☐ Vaccinate and spay or neuter your pets.

## Healthy HOME

- ☐ Clean your refrigerator and freezer.
- ☐ Have a family emergency evacuation plan.
- ☐ Have a First Aid Kit and refill it regularly.
- ☐ Have clean water, canned foods, and batteries for emergencies.
- ☐ Install and regularly check smoke detectors.
- ☐ Keep medications, including vitamins, away from children.
- ☐ Know your neighborhood flood zone areas.
- ☐ Manage clutter. De-clutter your home. Donate unused items.
- ☐ Plant a garden with herbs, vegetables, fruits, or flowers.
- ☐ Post emergency contact phone numbers.
- ☐ Properly dispose of expired medicines.