Healthy Happy New Year!

2013

Out with the old, and in with the new. The beginning of the year is a time for reflection on the personal changes we want to make as we look forward with hope to a new year. Choose to make being healthy your New Year’s resolution.

Set a goal, and start with small steps to a healthier you. Here are some ways to get and stay healthy in 2013. Choose a few that you can and will do.

Best wishes for a healthy and happy new year!

Healthy COMMUNITY
☐ Be respectful of your neighbors.
☐ Buy locally grown produce.
☐ Clean / pick up trash in your neighborhood.
☐ Donate unused clothes, household goods or food.
☐ Enjoy our beautiful parks and beaches.
☐ Help one another.
☐ Participate in a charity walk.
☐ Pick up after your pets.
☐ Reduce, re-use, and recycle.
☐ Support local crafters.
☐ Volunteer.

Healthy WORKPLACE
☐ Advocate for healthy food choices.
☐ Be considerate.
☐ Hold a walking meeting.
☐ Keep your break room clean.
☐ Obtain ergonomic furniture.
☐ On the computer a lot? Take time 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 in the break room.
☐ Stay at home if you’re sick.
☐ Take a walk during your breaks.
☐ Take the time to greet each other.

Healthy COMMUNITY

Healthy WORKPLACE
Healthy YOU
☐ Be smoke-free: Start a quit smoking program.
☐ 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.
☐ Choose water instead of soda and sugary beverages.
☐ Cook new dishes.
☐ Eat a variety of foods.
☐ Eat less fat and fatty foods.
☐ Eat until satisfied, not full.
☐ Enjoy food.
☐ Enjoy physical activity with friends and family.
☐ Find time to relax.
☐ Get enough sleep.
☐ Go for a swim or to the gym.
☐ Learn something new.
☐ Make half your plate fruits and vegetables.
☐ Make time to enjoy your hobbies.
☐ Manage stress through meditation, massage, music,…
☐ Order smaller sizes of flavored coffees and sweet beverages.
☐ Practice deep breathing.
☐ Read for relaxation.
☐ See your doctor or health clinic for a check-up, vaccination or screening.
☐ Stay active.
☐ Stay hydrated.
☐ Take care of YOU and then take care of others.
☐ Take the stairs instead of the elevator.
☐ Take up a new hobby.
☐ Take time to talk-story with family and friends.
☐ Try new foods.
☐ Visit a health fair.
☐ Walk more. Leave your car at home.
☐ Wash your hands often with soap and water.

Healthy FAMILY
☐ Be active as a family. Have fun together!
☐ Bike or take a hike.
☐ Cook together.
☐ Eat a meal together: sit, talk, limit distractions.
☐ Have family traditions.
☐ Have fruits and vegetables available at home.
☐ Make family time a priority.
☐ Practice open communication.
☐ Prepare and eat more meals at home.
☐ Put together your family tree.
☐ Read to your children.
☐ Reduce screen time (phone, computer, TV, etc.).
☐ Share your plate lunch.
☐ Spend time outdoors.
☐ Use a cooler when shopping for cold foods.
☐ Use a helmet when biking, skate boarding, or other moving activities.
☐ Use seat belts, child safety seats, and booster seats.
☐ Use sunscreen.
☐ Vaccinate your pets.
☐ Walk your pets.

Healthy HOME
☐ Clean and organize.
☐ Have an emergency evacuation plan and know where to meet once you are safe.
☐ Have a First Aid Kit.
☐ Have clean water, canned foods, and batteries for times of emergency.
☐ Install and regularly check smoke detectors.
☐ Keep emergency contact phone numbers easy to find.
☐ Keep medications, including vitamins, out of reach of children.
☐ Know your neighborhood flood zone areas.
☐ Manage clutter.
☐ Plant a garden with herbs, vegetables, fruits, or flowers.