Happy New Year! Take a few minutes to reflect on 2015. What made you feel good? What could have gone better?

What are you looking forward to in 2016? Set a goal and start with small steps to a healthier you. Here are some ideas. Choose a few (or a lot) that you can do.

Best wishes for a healthy and happy new year from the Nutrition Education for Wellness Program!
Healthy YOU
☐ 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.
☐ Choose water instead of soda or sugar-sweetened beverages.
☐ Eat a variety of foods.
☐ Eat less fat and fatty foods.
☐ Eat until satisfied, not full.
☐ Enjoy your food. Take your time when eating.
☐ Enjoy physical activities with friends and family.
☐ 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.
☐ Go for a swim, or to the park or gym.
☐ Learn something new.
☐ Make time to enjoy your hobbies.
☐ Manage stress through meditation, massage, music, yoga,…
☐ Move, a little or a lot every day.
☐ Prepare new recipes.
☐ Read for pleasure.
☐ 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.
☐ 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.
☐ Take up a new hobby.
☐ 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.
☐ Call or visit a relative or friend you haven’t seen in awhile.
☐ Carry on family traditions.
☐ Cook together.
☐ Draw your family tree.
☐ Eat a meal together: sit, talk, and eat together.
☐ Have fruits and vegetables available at home.
☐ Keep your reusable grocery bags clean and germ-free.
☐ Make family time a priority.
☐ 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 your pets. Spay or neuter your pets.
☐ Walk your pets.

Healthy HOME
☐ Clean and organize. Clean out your refrigerator.
☐ 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, out of reach of children.
☐ Know your neighborhood flood zone areas.
☐ Manage clutter. De-clutter your home.
☐ Plant a garden with herbs, vegetables, fruits, or flowers.
☐ Post emergency contact phone numbers.
☐ Properly dispose of expired medicines.