Healthy By Choice
...One Day at a Time

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10 Healthy Resolutions You Can Actually Keep

1. Eat more whole foods

One of the easiest and most sustainable ways to improve overall health is to eat more whole foods, such as vegetables, fruits, nuts, seeds, whole grains, and fish. These contain a plethora of nutrients that your body needs to function at an optimal level. Adding more whole foods to your diet can be done slowly.

2. Sit less and move more

Making a resolution to sit less is an easy and attainable resolution that can be tailored to fit your lifestyle. For example, if you have a desk job that requires long periods of sitting, make a resolution to go for a 15-minute walk at lunch or to get up and walk for 5 minutes every hour.

3. Cut back on sweetened beverages

Sugary drinks are linked to an increased risk of obesity, fatty liver, heart disease, insulin resistance, and cavities in both children and adults. Gradually minimizing your intake may help you kick your sugary drink habit for good.

4. Get more quality sleep

Sleep is an essential part of overall health, and sleep deprivation can lead to serious consequences. For instance, lack of sleep may increase your risk of weight gain, heart disease, and depression. Decreasing screen time before bed, reducing light pollution in your bedroom, cutting back on caffeine, and getting to bed at a reasonable hour are some simple ways to improve sleep hygiene.

5. Take more 'me time' and practice self-care

Taking time for yourself is not selfish. It's imperative for optimal health and wellbeing. Self-care doesn't have to be elaborate or time consuming. It can simply mean taking a bath every week, attending your favorite weekly yoga class, preparing a healthy meal for yourself, going for a walk in nature, or getting an extra hour of sleep.

Food is medicine and these are some of the top health promoting foods that you can get into your diet easily everyday. Try cooking and using them in various ways, adding them to recipes.

Citrus Fruits – They bring a burst of immune boosting vitamin C, magnesium and flavor to your life!

Red Bell Peppers – Rich in beta-carotene and help to prevent damage to the retina of your eyes.

Crucifers – Think crunch like broccoli, cauliflower, kale, Brussel sprouts, and cabbage, your ***secret weapon*** that can neutralize carcinogens and hunt cancer cells.

Ginger – A natural remedy for digestive distress, especially useful for nausea during pregnancy. Try adding it to hot water with lemon for a flavorful and soothing tea.

Spinach – Popeye, need I say more? Think iron, calcium and so mild and easy to add to almost anything.

Blueberries – The brain and bone berry, rich in essential nutrients like manganese and a great addition to smoothies.

Green Tea – proven to be beneficial for brain health, heart health and decreasing some types

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6. Limit screen time

Spending too much time on electronic devices — particularly on social media — has been linked to depression, anxiety, and loneliness in some studies. Setting a resolution to cut back on the time you spend scrolling through social media, watching TV, or playing computer games may help boost your mood and enhance productivity.

7. Rely less on convenience foods

Frequent fast food intake is associated with poor overall diet quality, obesity, and an increased risk of numerous conditions, including heart disease and diabetes. To cut back on your consumption of convenience foods, make a resolution to prepare more meals at home using healthy ingredients.

8. Stop negative self talk

Make a healthy New Year's resolution to engage in positive self-talk regularly and reduce negative thoughts. This may not only help improve your relationship with yourself and your body and but also encourage others to stop talking negatively about themselves.

9. Take care of your teeth

Brushing and flossing your teeth regularly can help prevent oral conditions like gum disease and bad breath and some research suggests that gum disease may be associated with serious health conditions, such as Alzheimer's and heart disease.

10. Drink plenty of WATER

Water is essential to life. Staying properly hydrated helps our body stay in optimal health.

(edited and shared from Healthline, 2019)

* New Healthy Habits...New Healthy Year! *