

# Healthy Habits for the New Year

## *Why do healthy habits matter?*

Good physical and mental health improves our overall quality of life. Positive health behaviors make a big difference and the new year is a great time to think about new healthy habits!

## *Which healthy habits are most important?*

- **Healthy Eating** - Eat fruits and vegetables, whole grains, and healthy proteins. Limit your sugar intake and pay special attention to portion sizes.
- **Physical Activity** - Moving is important, even in small ways. You can walk, dance, garden, bike... simply find something you like!
- **Quitting Tobacco** - Quitting tobacco is hard, but you can do it. Get free counseling and support by calling 1-800-QUIT NOW.
- **Stress Management**—Try deep breathing, learn more about mindfulness and meditation, or sign up for a yoga class.



## *How can I make new healthy habits stick?*

Try using “SMART” skills to help change habits for good!

- **S**et goals that are realistic and specific to stay motivated.
- **M**onitor progress over time by tracking your new habit.
- **A**rrange your world for success. Change your environment to make the healthier choice the easy choice.
- **R**ecruit a support team. Your team might include coworkers, friends, or family members who will support your healthier habit.
- **T**reat yourself. Find ways to reward yourself in a healthy way. Tie a reward to a specific goal to help with motivation.

**For more information:** Visit [www.cdc.gov/chronicdisease/resources/publications/factsheets/promoting-health-for-adults.htm](http://www.cdc.gov/chronicdisease/resources/publications/factsheets/promoting-health-for-adults.htm)



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well-being of all people in Virginia.

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