

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



12/21

Health  Whys
A public health message from
BlueRidgeHD.org

Follow us on
Facebook



VDH VIRGINIA
DEPARTMENT
OF HEALTH
To protect the health and promote the
well-being of all people in Virginia.

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



12/21

Health  Whys
A public health message from
BlueRidgeHD.org

Follow us on
Facebook



VDH VIRGINIA
DEPARTMENT
OF HEALTH
To protect the health and promote the
well-being of all people in Virginia.