

# Healthy Habits for the New Year

## *Why are we concerned about healthy habits?*

Good physical and mental health improves our quality of life. Even small positive health behaviors can make a big difference. 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. Avoid high sugar foods and pay attention to portion sizes.
- **Physical Activity**— There are many ways to get moving! You can walk, swim, dance, garden, bike, and more. Find something you like.
- **Quitting Nicotine**— Quitting nicotine is hard, but there is personalized help available! Get free counseling and support by calling 1-800-QUIT NOW.
- **Stress Management**— Try deep breathing or learn more about mindfulness and meditation.

## *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 your progress over time by tracking your new habit.
- **A**rrange your world for success. Change your environment to make the healthy choice the easy choice.
- **R**ecruit a support team. Your team can include coworkers, friends, or family members who will support your new habit.
- **T**reat yourself. Find ways to reward yourself (other than food). Tie a reward to a specific goal to help with motivation.

*For more information:* [www.cdc.gov/chronicdisease/center/news-media/archives/features/healthy-holidays.html](http://www.cdc.gov/chronicdisease/center/news-media/archives/features/healthy-holidays.html)



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# Health Whys

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*To protect the health and promote the  
well-being of all people in Virginia.*