

Healthy Habits for the New Year

Why are we concerned about healthy habits?

Good physical and mental health improves our 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. Avoid sugars and pay attention to portion sizes.
- **Physical Activity**—There are many ways to get moving! You can walk, swim, dance, garden, bike. 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 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 might include coworkers, friends, or family members who will support your new habit.
- **T**reat yourself. Find ways to reward yourself (not with food). Tie a reward to a specific goal to help with motivation.

For more information: Visit www.move2healthcentralva.org or check out “Living SMART: Five Essential Skills to Change Your Health Habits Forever,” by Joshua Klapow and Sheri Pruitt.



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