

## January 2020

### New Year Resolutions for a Happy & Healthy 2020!

The new year can be an exciting time, brimming with the promise of fresh starts and new beginnings. It's also an opportunity to recommit to your health and well-being.

Creating resolutions is easy enough. Sticking to them beyond the month of January, however, is another story.

Whether the new year has you feeling totally inspired or a tad overwhelmed, Johns Hopkins experts have some advice to help you make – and keep – your healthy resolutions for 2018.

**1. Practice mindful eating.** Take time to slow down and pay attention to your food. When you eat mindfully, it's easier to notice when you feel full, plus you're more likely to enjoy the foods you eat.

**2. Chill out and rest up.** When it's time to sleep, it's time to chill – literally. Knocking the thermostat down to 68 degrees or lower before you crawl into bed can help you get the quality Z's you need!

**3. Adopt an attitude of gratitude.** Keeping a grateful journal is a way to shift your focus and minimize the distorting influence of stress. Reminding ourselves of the small, everyday positive aspects of our lives helps to develop a sense of balance and perspective that can enhance wellness

**4. Find 30 minutes a day to walk.** If you have a busy schedule, take ten minutes before work, ten minutes during your lunch break, and ten minutes after work and walk. Grab a friend and take a stroll!

**5. Take the stairs.** Making small, daily changes such as taking the stairs instead of the elevator may seem minor, but they can make a big difference for your heart in the long run.

**6. Commit to a 30 day fitness challenge.**

Pick an activity that challenges you. It may be yoga or a fitness class, see what motivates you!



# Staying Active Through Winter

If the winter weather prevents you from getting outside, make your time inside count! There are many ways to get physical activity indoors—no gym required. Hand weights or resistance bands are a great addition, but not necessary.

Try these indoor activities:

- Home workouts (like the 30 day fitness challenge!)
- Dancing
- Active housework like vacuuming and sweeping
- Mall walking
- Bowling
- Roller skating
- Yoga or other fun group classes at your local gym, studio, or community center.



## More About: Attitude of Gratitude



**Write down** what you are thankful for. You may notice your thoughts develop over time. Start out simply, but when you add stories and color, it becomes more powerful! **Talking about it** reinforces your feelings. Make it a habit! **Express what means to you**. Write notes to whoever is important to you. **Seek it**. If you want to be thankful, surround yourself with people with that characteristic. It will rub off on you.

## Why Should You See Your Chiropractor During the Winter?

Winter is a season when many individuals experience health issues that can make everyday life rough. Whether it is a cold or a skiing injury, many people will find their overall health compromised at some point during winter. Thankfully, chiropractic care can help keep you healthy during winter.

1. Combat the pesky cold
2. Prevents seasonal depression
3. Stops your body from getting stiff, by keeping it aligned properly.
4. Reduce body pain from factors like joint restriction
5. Minimize injuries