

# Create a healthier you this new year

January is the perfect time to set healthy — and achievable — goals. You don't have to do it all at once. Remember ... small steps can lead to big accomplishments.

With that in mind, here are ideas to help you feel your best this year:



## 5 ways to kickstart your health routine in 2024



### 1. Stay active

Regular activity is good for your heart, lungs and weight. Aim for 150 minutes of moderate aerobic activity each week. Go for a brisk walk. Shoot hoops at the gym or at home. Learn to play pickleball. Take a swim class.



### 2. Eat fresh fruits and veggies

Try to eat five portions of fruits and vegetables each day. Fiber in fruits and veggies helps you feel fuller longer. That can help you manage your weight.



### 3. Curb stress creatively

Find new, healthy ways to cope with stress. Make a music playlist. Learn to dance. Pick up a new hobby, like crochet or woodworking.



### 4. Limit alcohol

If you drink, keep an eye on how much. Men should stick to two or fewer drinks a day, and women should have no more than one a day. One drink is a 12-ounce regular beer or a 5-ounce glass of wine.<sup>2</sup>



### 5. Kick tobacco

If you smoke, quitting can lower your risk for heart disease, COPD and some types of cancer. Get help to quit tobacco if you still smoke, dip or chew. Ask friends and family to support your goal.



### DID YOU KNOW?

Getting more exercise was the most popular new year's health goal for adult Americans in 2023<sup>1</sup>



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<sup>1</sup>Statista Global Consumer Survey, "America's Top New Year's Resolutions for 2023," Posted Dec. 23, 2022. Chart: America's Top New Year's Resolutions for 2023 | Statista

<sup>2</sup>CDC.gov. "Dietary Guidelines for Alcohol," Reviewed April 19, 2022. <https://www.cdc.gov/alcohol/fact-sheets/moderatedrinking.htm>