



QUOTE OF THE MONTH

“Begin today. Declare out loud to the universe that you are willing to let go of struggle and eager to learn through joy.” — Sarah Ban Breathnach



Sustainable New Year’s Resolutions

by: Maria Mendoza



New Year’s is an opportunity to recommit to your health and well-being. Changing your habits, no matter how well-meaning, is hard. And if you’re looking for New Year’s resolution ideas you can actually stick to, look past the big, obvious ones and seek smaller ones with a big impact in the long run.

Sustainable New Year’s Resolutions Are Quantifiable Goals

A common mistake people make is setting vague goals like, “I’ll be healthier”. Instead, make your resolution specific. A few examples of sustainable new year’s resolutions would be “drink 8 glasses of water every day”, “get 7 hours of sleep every night”, or “meditate for 30 minutes every weekend to relieve stress”. These small goals can add up and make a big impact to your health.

Eat Better

If you want to eat better in 2020, determine how you plan to do so with smaller goals. For example, “eat at least two fruits a day”, “limit soda to 1 can a day”, or “meal prep each week”. These small goals are easier to stick with and can help you eat better and improve health overall.

Exercise Regularly

When setting exercise-related goals, specificity matters. You’ll be more successful if you plan exactly how much longer you’ll exercise and how often. If you want to be more active in 2020, a couple examples of resolutions are “Take the stairs instead of the elevator”, or “go on a 30-minute walk every morning”.

Let Go of Bad Habits

Everyone has bad habits that contribute to poor health. Your determination to quit a bad habit is built one day at a time. Every day makes you stronger. It may not feel that way early on, but trust in the process and know that time is helping you to let go of the bad habit once and for all.

How to Make Resolutions Stick

One mistake that can throw your resolutions off track is the all-or-nothing approach. If you mess up, don’t give up on your goal. See it as a temporary set back and keep moving forward. It’s all in your perspective. Pay attention and keep yourself in a positive frame of mind.

Make Your Health a Priority

Make your health a top priority in 2020. Make time for exercise, self care, and cooking healthy meals. Invest in your health by joining a concierge healthcare practice. At a concierge healthcare practice, you receive world-class, attentive and personalized care. A concierge doctor limits their patient count to allow you unrestricted access and comprehensive medical care including preventative health services. As you focus on your health, you reduce your risk of certain disease, injuries, and illness. Your doctor can provide more information about how to set healthy and sustainable New Year’s resolutions.

Source: dedication-health.com



ON THIS DAY IN HISTORY

- 1** Jan. 1752, Betsy Ross was born in Philadelphia, Pennsylvania. She was a seamstress credited with helping to originate and sew the Stars and Stripes flag of America in 1776.
- 10** Jan. 1776, Common Sense by Thomas Paine was published. It sold over 500,000 copies, influencing the authors of the Declaration of Independence.
- 24** Jan. 1848, The California gold rush began with the accidental discovery of the precious metal near Coloma during construction of a Sutter's sawmill.
- 25** Jan. 1959, An American Airlines Boeing 707 made the first scheduled transcontinental U.S. flight, traveling from California to New York.

MONTHLY OBSERVANCES

- Celebration of Life Month
- Financial Wellness Month
- Get Organized Month
- Self-Love Month
- Thyroid Awareness Month

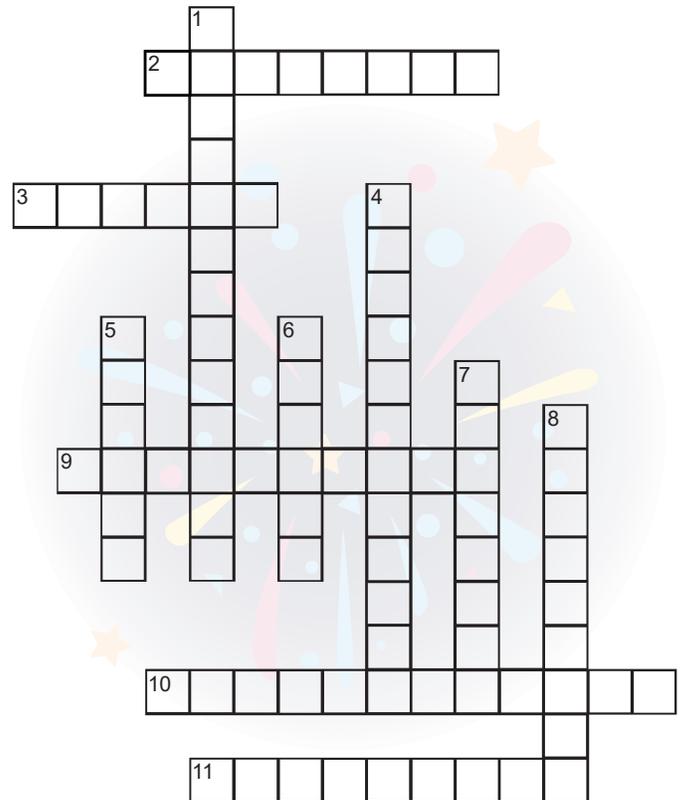
CROSSWORD

ACROSS

- 2. Series of recollections
- 3. Birthstone for January
- 9. What is Roman god Janus the god of?
- 10. Midnight
- 11. Flower for January

DOWN

- 1. People born on New Year's day are called what?
- 4. Popular song of New Years
- 5. Good wishes before drinking
- 6. Polar bear _____, a New Year's day activity that requires participants to enter cold water for charity
- 7. Feeling or expressing overwhelming joyful excitement
- 8. Right before midnight



Stuck?
Check next month's issue
for the answers!

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