

Resolve To Live A Healthier Lifestyle In The New Year



Live a Healthier Life

New Year's Resolutions

Takes one step at a time to get results that last. Try these simple and easy ways to improve your health.



Eat Healthy

5 ways to healthier eating

- Drink 8 glasses of water a day
- Eat more fruits and vegetables
- Manage portion sizes
- Skip late-night snacking
- Read food labels



Exercise Regularly

5 exercises that don't need equipment

- Walking
- Jogging
- Dancing
- Jumping jacks
- Push ups



Don't Smoke

5 tips to quit because even occasional smoking is harmful

- Seek a doctor's advice
- Try counseling
- Use mobile phone apps
- Try nicotine replacement products
- Seek tools to quit smoking



Stay Active

5 ways to stay active throughout your day to promote better health

- Take the stairs
- Bike to work
- Park away from entrances
- Walk to nearby activities
- Get up from your desk



... and Stay Healthy

Schedule regular medical checkups, keep vaccinations up to date, and get a flu shot each year.



Join the nationwide effort to prevent and control chronic diseases

#Partnering4Health

Learn more at Partnering4Health.org

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(NAPSA)—A few simple steps (including taking more steps) can help you to a healthier lifestyle and a longer, even happier life.