

January Is Cultivating Healthy Habits Month

Change Your Habits, Change Your Life

The new year is upon us, and with it comes a sense of renewal. January is a great month to cultivate new healthy habits. Whether it's to lose weight, reduce body fat, improve health and well-being, gain more endurance and energy, or build stronger, leaner muscles, here is a week-by-week guide to get you up and running.



A week-by-week guide

January 6

- **Mindfulness:** Get enough sleep. Sleep is crucial for exercise recovery and has even been shown to reduce your risk of developing dementia and Alzheimer's.
- **Hydration:** Drink a minimum of 64 ounces of water per day.
- **Nutrition:** Reduce the consumption of processed foods, including sweets, baked goods, granola bars, candy, pop and ice cream. Fruit is encouraged.
- **Exercise:** Complete 20 minutes of exercise every day this week, such as high-intensity interval training (HIIT), strength training, yoga, Pilates and jumping rope.

January 13

- **Mindfulness:** Go for a sensory walk outside and look for five things you can see, four things you can hear, three things you can touch, two things you can smell and one thing you can taste. Spending time in nature shows added health benefits to our overall well-being.
- **Hydration:** Drink a minimum of 64 ounces of water per day.
- **Nutrition:** Reduce white foods. This includes white flour, white pasta, white rice, white sugar and white potatoes.
- **Exercise:** Complete 30 minutes of exercise every day this week. Break your exercise into several short sessions, if necessary.

January 20

- **Mindfulness:** Do one random act of kindness each day this week. Here are a few suggestions: compliment a coworker, open a door for someone, plant a tree, be tolerant, smile at someone, forgive mistakes and encourage a friend.
- **Hydration:** Drink a minimum of 128 ounces of water per day (consult with a physician beforehand).
- **Nutrition:** Eat at least 10 servings of fruits and vegetables a day. Remember to check the serving size. A big salad is multiple servings.
- **Exercise:** Complete 40 minutes of exercise every day this week, such as HIIT, strength training, biking, running, yoga, Pilates or jumping rope.

January 27

- **Mindfulness:** Meditate, sit in silence or practice deep-breathing exercises for 10 minutes a day.
- **Hydration:** Drink a minimum of 128 ounces of water per day (consult with a physician beforehand).
- **Nutrition:** Meal prep for the workweek; for weekend dinners, try a new recipe. Eating out is correlated with a higher BMI, higher blood pressure and higher cholesterol.
- **Exercise:** Complete 60 minutes of exercise every day this week, such as HIIT, strength training, biking, running, yoga, Pilates or jumping rope.