

7 Simple Health Resolutions for 2022



Ring in the New Year with Better Health
and easy daily changes

7 Simple Daily Health Resolutions for 2022

Attainable New Year's Resolutions

The New Year is a time for renewal, out with the old and in with the new. As part of the process, many of us make extreme New Year's

Resolutions – setting far-reaching goals that often leave us more defeated than successful.

It's time to change your approach. Instead of unattainable, failure-inducing resolutions that are broken by January 15, it's time to embrace simple changes that

can have a big impact on your health in 2022 and beyond.

Here are seven small ways to change to your daily routine that will make a big impact on your life and health:

1. Get Moving

Resolve to walk for 20 minutes every day. The benefits of daily exercise are innumerable, so we'll limit it to the most immediately achievable:

- Increase your energy levels
- Improve your sleep
- Lift your mood
- Reduce your risk of heart disease
- Better manage your weight
- Lower your risk for dementia





2. Stay Hydrated

Our bodies are mainly water – 60 percent of your total body weight and more than 90 percent of your brain weight. Your blood is 90 percent water. According to the U.S. National Academies of Sciences, Engineering, and Medicine, we need between 15.5-11.5 cups per day.

Water keeps nutrients flowing throughout your body. It helps you maintain your body temperature, digests food, flushes waste, and keeps your skin looking great.

3. Take Time to Relax

Relaxation provides both physical and mental health benefits. Consciously moving to a relaxed state lowers blood pressure and improve coping skills. It slows down negative responses like anger and has been even shown to reduce pain. One of the easiest ways to move into a relaxation mode is to simply focus on the physical act of breathing, “leaving conscious thought” for a few moments with the only thoughts relating to counting to five with each inhale and exhale. To reduce anxiety, try “box” breathing: a four count for inhalation, holding, exhaling, and holding again. Try different counts, see what works for you.

4. Get Quality Sleep

Almost everyone needs more sleep than they're getting. Many of us stay up to watch just one more episode on our favorite streaming service, watch the video our friend just sent us, or read that last chapter instead of just closing our eyes. Adults generally need 7-9 hours per night. Lack of sleep affects your ability to mentally function at high levels or respond quickly. It directly affects your energy levels, heart health, and your immune system. The best way to get a good night's sleep is stick to a firm schedule of bedtime and wakeup. Don't go to bed hungry or overfull. Daily exercise enhances sleep quality, as well.

5. Be Socially Active

Many of us experienced the negative effects of social isolation during the major COVID lockdowns - depression grew by three times the normal rate. Research clearly indicates that social relationships improve mental health and happiness and even strengthen your immune system and contribute to longevity. Conversely, loneliness can increase your blood pressure, disturb your sleep, and increase release of stress hormones.



6. Get 10 Minutes of Sunlight

Sunlight hitting your skin initiates the chemical reaction to product Vitamin D, critical to calcium absorption, immunity, and heart, bone, and muscle health. Exposure to sunshine can improve your mood as it has been shown to relieve anxiety and depression.

While too much sunlight can contribute to aging and increase the risk of skin cancer, as with anything in life, moderation is key.



7. Smile

Most of us have heard the expression “Fake it till you make it.” That is actually true when it comes to smiling. The physical act of smiling releases endorphins, which improves your mood and lowers your perception of pain. They also improve your ability to sleep. Smiling is also “contagious.” When you smile at people, they generally smile back, which “shares” your endorphin boost as well.

Every step you take - getting more sleep, smiling – is another step toward a long, healthy life. Here's to a Healthier 2022!



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