

# 25 Healthy Resolutions for Every Day of the Year

Below are 25 of the best things everyone can do for their health. You probably already do some of them! Check the ones you already do (and pat yourself on the back for taking such good care of yourself). Then pick one, two or more things you can start doing today to improve your health.

## Don't smoke.

If you smoke, quitting now will lower your risk of lung cancer and other smoking-related illnesses.

## Exercise every day.

Regular exercise such as brisk walking, dancing or even cleaning your house can reduce your risk of heart disease and other serious health problems.

## Eat more fruits and veggies.

Eating plenty of fruits and vegetables can lower your risk of heart disease, cancer and other health problems.



## Cut back on junk food.

You don't have to give up everything you enjoy, just cut back on snacks that are high in fat, salt or sugar.

## Drink five to eight glasses of water every day.

Not getting enough water can make you feel sluggish and tired.



## Maintain a healthy weight.

You don't have to be supermodel skinny (in fact, that's not healthy either!). Instead, focus on keeping your weight in a healthy range for your body type.

## Get plenty of rest.

Seven to eight hours of sleep every night can do wonders for your health, energy and overall mood.

## Cut back on alcohol.

Or, choose not to drink at all. Too much alcohol can increase the risk of cancer and other serious health problems.

## Don't drink and drive.

Ever. Don't let your friends drink and drive either.

## Manage stress.

Too much stress can contribute to health problems. Make a plan today for reducing stress in your life.

## Take time to relax.

Read, walk or meditate – do a little of whatever you find relaxing each day.



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Title #5301e

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Journeyworks Publishing  
P.O. Box 8466 • Santa Cruz • CA 95061  
800 • 775 • 1998  
[www.journeyworks.com](http://www.journeyworks.com)

This pamphlet is not a substitute for professional medical care. If you have questions or concerns, please talk with a health care provider.

### **Avoid secondhand smoke.**

Secondhand smoke can cause lung cancer, heart disease and other serious health problems in nonsmokers.

### **Avoid fad diets.**

Extreme dieting can play havoc with your health. To maintain a healthy weight, eat regular healthy meals and increase your exercise.

### **Eliminate or cut back on caffeine.**

Too much caffeine can cause nervousness or sleep problems and may contribute to osteoporosis and heart disease.

### **Drive the speed limit.**

Car crashes are one of the leading causes of death in the United States. Following safety laws can help reduce the risk of having an accident.

### **Wear your seatbelt.**

Seatbelts can help prevent injury and death in car accidents.

### **Spend time with friends and family.**

Studies show that being lonely can affect your health.

### **If you are depressed, get help.**

If you have been sad or down for more than two weeks, talk to a doctor or counselor. Lifestyle changes, therapy and medications can all help you feel better.

### **Don't use drugs.**

Any type of recreational drug use puts your health at risk.

### **Use medications properly.**

Follow the directions for over-the-counter and prescribed medications.

### **Brush, floss and visit your dentist.**

Your smile will be brighter and you'll lower your risk of heart disease and other problems caused by tooth decay and gum disease.



### **Get regular checkups.**

Regular checkups and health screenings can catch problems early, while they are most treatable. Ask your doctor which screening tests you should have.



### **Do self-exams.**

Breast exams for women, testicular exams for men, and skin exams for both men and women can catch problems early, when they can be treated most successfully.

### **Protect your sexual health.**

If you are sexually active, talk with your health care provider about how to protect yourself from sexually transmitted diseases and infections.

### **Protect your skin from the sun.**

Use sunscreen, wear a hat and cover up. Too much sun increases your risk of skin cancer.



## **Have trouble keeping healthy resolutions? These tips can help.**

### **Be realistic.**

Don't try to do too much and don't try to change everything all at once.

### **Start easy.**

For example, if exercising an hour a day feels overwhelming, start with ten minutes instead.

### **Look for progress, not perfection.**

No one is perfect when it comes to healthy behaviors. If you have setbacks, don't give up. Try again.

### **Get support.**

Getting support can be especially important for changes that you know will be difficult, such as quitting smoking.

### **Reward your successes.**

Treat yourself to a movie, go to a ballgame or enjoy a sunset. It's important to acknowledge and celebrate healthy changes.