



10 Tips for a Healthy New Year



Create a Positive Mindset



Surround yourself with positive, like-minded people and choose an accountability buddy



Eat a diet full of nutrient dense foods



Create and follow a time blocked schedule



Increase your daily movement and workout at least 3 days a week



Add more vegetables to your diet



Add Self Care to your schedule



Create a night time routine and get 7-9 hours of quality sleep



Add Stress Reduction Techniques to your schedule



Commit to yourself and your accountability buddy to implement new, healthy habits