

# JANUARY WELLNESS



## TOPICS FOR A HEALTHY YOU IN 2017:

### READINESS FOR NEW YEAR'S RESOLUTIONS, PHYSICAL ACTIVITY, HEALTHY NUTRITION AND SCREENING GUIDELINES

It's that time again of year again. A new beginning. A time to assess and make changes if needed. Popular resolutions at the beginning of a new year are to exercise more or to eat healthier. For a change to take place, the first important step is your personal readiness level. You may be on your way to making a change; however, for a change to actually occur, the step of "I am ready to make a change" needs to be reached first. Wherever you are along in the process is fine. To reach a quick indicator of your readiness level, and to click on your current step to review information, click here for an overview offered through Fallon's website:

#### [Making A Change That Matters](#)

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Are you looking to increase your physical activity level in the New Year? One trick to adherence is finding something you enjoy! There is a wide variety of moderate and vigorous exercise ideas, with diverse activities from mopping the floors to playing rugby. Find one to try in 2017. For a list of exercise ideas, as well as tips for staying motivated, visit Tuft's website: [Tufts Health Plan Website](#). Click on the Health & Wellness tab, and then under Health Library A-Z, click on "library of high-quality content". Then type **Exercise and Physical Activity Ideas** into the search engine to reach the link.

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The beginning of a new year is a good time to pay attention to healthy nutrition. There are simple steps that you can incorporate to set yourself up for making healthy choices. Ideas such as keeping fruit out in an attractive bowl, or cutting up vegetables so they are ready and easy to grab, may seem simple, and this simplicity may just be the way to success. Additional ideas, such as using a shopping list and eating a healthy snack before grocery shopping, have also been found to be successful. For more steps to healthy nutrition, click here for ideas through the BCBS *a healthy me* website:

#### [Simple Steps to Help You Eat Better](#)

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Your new 2017 calendar is ready to be filled in with work appointments, family events and personal engagements. When recording important dates, remember to also add in the appointments recommended to stay healthy and happy in the new year. To review both adult and pediatric immunization guidelines and preventive care recommendations, click here to reach information through Harvard Pilgrim:

#### [Routine Preventive Care Recommendations](#)

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