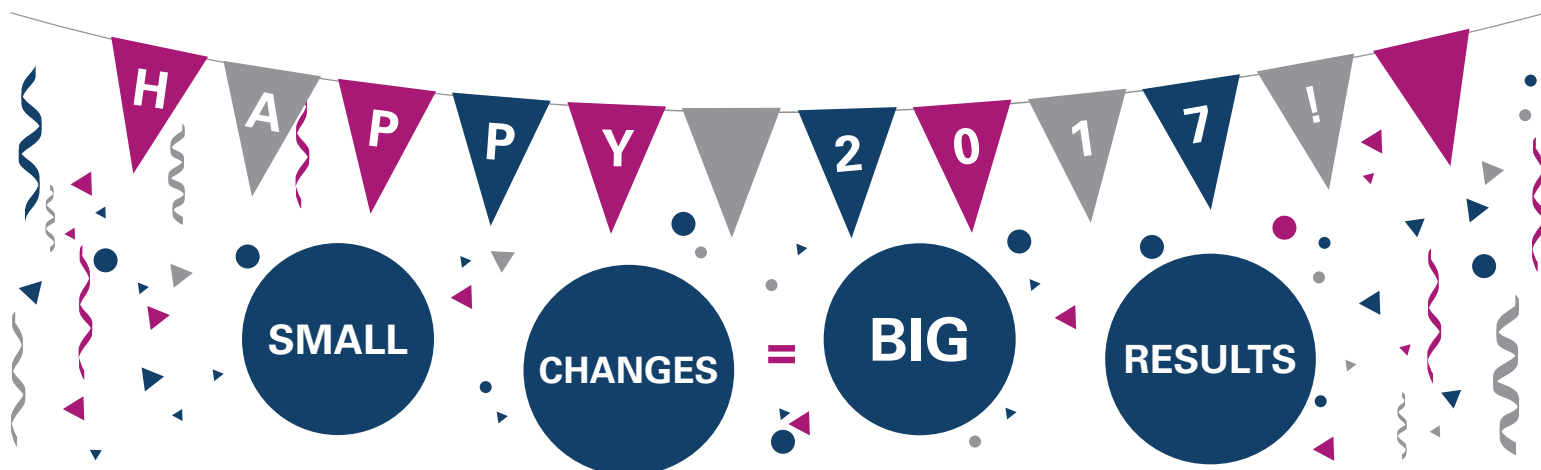


# your HEALTHUPDATE

Develop Healthy Habits that Stick

**Mister**

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**Lose weight. Save more. Quit smoking. Stress less. Do these new year's resolutions sound familiar?** While good, big goals such as these can feel too overwhelming to actually achieve.

This year, instead of setting one big goal, **commit to developing a few healthy habits**, which are easier to achieve and maintain, and can help you reach your bigger health goals. Below are some ideas to help get you started.

## Stop slumping.

Poor posture is associated with breathing problems, falls, depression, and decreased quality of life, all of which can shave years off of your life.

**Building strong core muscles, which are essential for maintaining good posture, doesn't require any special equipment or a gym membership.**

All you need is a mat or carpeted floor.

Find core exercises and demonstration photos at <https://goo.gl/4mE6Q5>.



## Wait 48 hours before clicking the "buy" button.

Buying anything we want with the simple click of a button may be convenient, but it can also lead to over spending.

**Be a mindful buyer by waiting 48 hours before completing nonessential purchases over a certain dollar amount.** After the waiting period, if you still feel the need to purchase the item, go ahead and buy it.

In many cases, your desire to make the purchase will have worn off.

## Wind down before you lay down.



A sleep routine is key to getting good sleep.

Separate your day from the nighttime by creating a pre-sleep ritual. By doing the same thing every night, your body will recognize that it is time to slow down and relax.

### Need help winding down?

Try reading, journaling, listening to calming music, or taking a bath. The rise and fall in body temperature has



been proven to induce drowsiness.