

# New Year's Resolutions

Happy 2024! The new year often inspires resolutions to choose a healthy lifestyle. From eating right to exercising more, remember to also include regular visits with your doctor.



Schedule your Annual Wellness Visit with your doctor. They will do a review of your current health status and let you know which health screenings to complete for the new year.



Take your medications as directed. Understand the reason for taking each one and confirm how you should be taking it. Ask if you are eligible for 100-day refills, it can save you time and money.



When setting goals, set dates and times you wish to complete them. Split a big goal into little ones, such as exercising 10 minutes 3x a day. Remember, any improvement is an achievement!



A good night's sleep is as important as exercise and a healthy diet. Follow a regular sleep schedule and avoid long daytime naps. Limit watching TV and using your cellphone close to bedtime.



Take time to dive into hobbies you like and make you feel good. Take up an instrument, learn a new language, express yourself through art or writing. Ask a friend or family member to join you if you prefer the company!