



HOW TO START HEALTHY HABITS FOR THE NEW YEAR

January marks the beginning of a new year – a fresh opportunity to build habits that support your physical and mental well-being. Whether you're setting goals, making small changes or exploring new tools, this is a great time to invest in your health and set the tone for the months ahead.



Sources:

1 [CDC.Gov/Youth-Advisory-Councils/Action-Plans/Smart-Framework.html](https://www.cdc.gov/youth-advisory-councils/action-plans/smart-framework.html)

2 [DOI.org/10.1016/j.socscimed.2016.07.014](https://doi.org/10.1016/j.socscimed.2016.07.014)

3 [UCLAHealth.org/News/Article/7-Ways-Wearable-Technology-Can-Help-You-Reach-Your-Health](https://www.uclahealth.org/news/article/7-ways-wearable-technology-can-help-you-reach-your-health)



HOW TO SET SMART GOALS

Setting SMART goals—**Specific, Measurable, Achievable, Relevant and Timebound**—can help turn good intentions into lasting habits.¹ To get started, you want to:

- **Get specific:** Goals should be clear and detailed, such as “I will exercise 30 minutes, five days a week.”
- **Make it measurable:** Find a way to easily obtain data to track your progress.
- **Keep it achievable:** Goals should be realistic based on your current abilities.
- **Make it relevant:** Choose goals that are meaningful to you and to your current priorities. It can be beneficial to define your “why.” Identifying the purpose behind your goal helps build motivation and clarity.

Set timelines: Include a timeframe that is manageable to stay focused and accountable.



NOT SURE WHAT GOAL YOU WANT TO SET? CONSIDER CHALLENGING YOURSELF TO READ MORE BOOKS THIS YEAR!

Reading books may offer long-term health benefits. In fact, it was found that people who read books regularly had a 20% lower risk of mortality over a 12-year period compared to those who didn't read or only read periodicals.²

It is suggested by this study that cognitive engagement from reading may contribute to longevity.



USE TECHNOLOGY TO IMPROVE YOUR HEALTH

Wearable tech and mobile apps make it easier than ever to stay active and accountable as you work toward your goals. Devices like smartwatches, fitness monitors and apps can help you track your steps, eating habits, heart rate, sleep and more. They can even help detect medical issues.³