

Happy New Year!! - What is your hope for 2023? Before you set wellness goals for 2023, let's review the basic wellness tips:

1. MOVE – (Memory, Optimism, Vigor, and Energy) movement improves all (I just made that up, but it's all true!!)
2. Eat healthy – fruits, veggies (and dark chocolate😊)
3. Sleep - exercise and eating will help with good sleep.
4. Prioritize your mental health – this is very individualized – mindfulness, exercise, yoga, quiet moments – what helps YOU?
5. Drink water – if you haven't jumped on the water wagon yet, it is time to hop on!



Reflect on these basic tips for a moment. If you need some improvements in these areas - set some goals - NOW! Write them down. Read them out loud. Stay tuned for more on wellness goal setting - next week or so😊

Now, one more thing - if you were to choose a word to guide you through 2023, what would it be? Choose a word or phrase that will support your overall wellbeing throughout the new year. Write this down as well and revisit it frequently.

Wishing you all a healthy and happy New Year 2023!