

Healthy Habits Newsletter

January 2024



Why Is Understanding Thyroid Health So Important?

The thyroid is a small, butterfly-shaped gland in the neck that plays a crucial role in overall health. Its primary task is to produce hormones that affect heart rate, breathing, weight management, digestion, and other critical functions.

When your thyroid gland produces too many hormones, it's called hyperthyroidism. When it produces too few hormones, it's called hypothyroidism. Both of these conditions (also known as thyroid disease) can cause serious health problems, and a diagnosis is important for receiving the proper treatment.

The best way to assess thyroid health is to stay up-to-date on routine wellness exams. By visiting your primary care physician at least once a year, and participating in an annual biometric screening, thyroid issues can be detected early and treated.

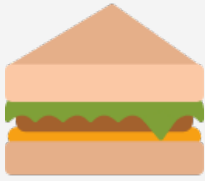
As we begin the new year with Thyroid Awareness Month, talk to your doctor about routine testing and how you can best monitor your thyroid health. To learn more, visit [MedlinePlus](#).

Celebrate National Blood Donor Month

The month of January recognizes one of the easiest ways to help save a life: donating blood.

Before donating, prepare for your appointment with these tips from the [American Red Cross](#):

- Get a good night's sleep so that you're well-rested for your donation.
- Drink an extra 16 ounces of water prior to your appointment.
- Eat iron-rich foods such as fish, spinach, beans, and poultry before giving blood.



8 Healthy Lunches To Bring To Work

New year, new you!

If packing a lunch is on your list of resolutions, get inspired by these nutritious, easy meals.

1. Hummus and Smoked Turkey Sandwich
2. Salmon and Veggie Grain Bowl
3. Chicken, Avocado and Quinoa Salad-in-a-Jar
4. Instant Pot Greek Chicken Bowls
5. Sheet Pan Chicken Fajitas
6. Mediterranean Tuna Wrap
7. Veggie and Chorizo Quesadillas
8. Lemon Roasted Chicken Salad Wrap

Find these recipes on [FoodNetwork.com!](https://www.foodnetwork.com)

Creating Health Goals For 2024

As a new year begins, it's the perfect time to consider health goals for 2024. Often, these resolutions focus on lifestyle changes such as exercising more, ditching junk food, or maintaining a healthy weight.

According to the [National Institute on Aging](https://www.nia.nih.gov), it's especially important to practice healthy habits as we grow older. Routine physical activity and a nutritious diet can reduce your risk of disease and delay age-related health problems.

To begin forming sustainable healthy habits, start small! The [National Institute on Aging](https://www.nia.nih.gov) recommends creating short-term goals that focus on the following:

- Aim for 30 minutes of physical activity on most days
- Include fruits and vegetables in each of your meals
- Opt for foods with low sodium, sugars, and saturated fats
- Add more whole grains and lean proteins to your diet
- Strive to practice four types of exercise throughout the week: endurance, balance, strength, and flexibility

Watch this video from [Mayo Clinic](https://www.mayoclinic.org) for strategies on staying motivated to accomplish health goals.

