

Healthy Habits



SIMPLE STEPS TO FEEL HEALTHIER IN THE NEW YEAR

The start of a new year is the perfect opportunity to revisit your health goals! Focusing on realistic, achievable resolutions is key to keeping your momentum going. If your goal is to feel healthier in 2026 but you're not sure where to start, these [small changes](#) can make a big impact in the long run:

Check in with your posture: Long hours in a desk chair can put significant strain on the body. Throughout your workday, aim to keep your back straight, core tight, and both feet flat on the floor. Taking regular stretch breaks and choosing a seat that supports your low back can prevent pain and help you feel more relaxed.

Cut back on salt: Keeping a saltshaker off the table is an easy way to reduce sodium and protect your blood pressure. Before adding salt, taste your food and opt to add flavor boosters like fresh herbs, garlic, citrus, or salt-free seasoning blends to keep meals delicious and heart-healthy.

Set a regular sleep schedule: Falling behind on sleep? Chronic sleep deprivation can increase your risk of heart disease and drain your energy during the day. Keep a consistent sleep and wake schedule (even on the weekends!), while aiming to catch shut-eye for at least seven hours each night. Even going to bed 15 minutes earlier may help you feel more rested!



Discover tips for sticking to your health and wellness resolutions from Mayo Clinic experts!

Practice stress management: Regular relaxation helps prevent conditions like heart disease, high blood pressure, and depression. Carving out a few minutes of time to meditate, listen to music, or read a chapter of your book can reduce stress! During busy days, practice slow, deep breathing to relax your body and lower your resting heart rate.

If you completed a screening with Empower Health Services, explore additional health and wellness resources on [empower.health!](#)

Simply scan the QR code and click the download icon to install the app on your mobile device.





BOOST YOUR FINANCIAL WELL-BEING WITH SMART MONEY STRATEGIES

Kick off the new year by resetting your money mindset! Just like physical health, financial well-being thrives on small, steady habits that pave the way for long-term success. Set yourself up for a strong financial year in 2026 with [this simple roadmap](#):

- **Assess your finances:** Start by tracking your income, bills, and spending to understand where your money comes from and where it goes. Reviewing your past and current finances can help you make a clearer plan for the future!
- **Write out a monthly budget:** Understanding your financial habits can help you create a realistic budget. Set up a monthly budget that aligns your expenses to your income. Compare your spending month-to-month to see where you can cut costs and save more!
- **Save for emergencies:** Having an emergency fund can build meaningful financial security over time! Setting guidelines for when to use and replenish this money helps reduce stress when unexpected expenses arise. Automatic contributions and putting aside extra money whenever you can are simple ways to keep this fund growing.
- **Set specific money goals:** Whether it's saving for a new car or paying off your debt, decide what you would like to accomplish financially in 2026! Set SMART (Specific, Measurable, Achievable, Relevant, and Time-bound) goals with practical steps that you can complete over time.

JANUARY RECIPES



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FRIED RICE

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