

31 Healthy Tips to make it an even better *YOU YEAR!*

1 Don't drink your calories. Substitute water and you may notice your appetite curbed.



Become your own active advocate.

Follow these ABCs – Ask questions, Be prepared & Communicate your concerns and desires to your doctor.



Did you know? Hot Peppers burn fat by giving your body a short metabolism boost.

4 Pay attention to your body and mind.

Seek medical attention if you have any health concerns or persistent physical or mental health issues. Follow-up if your symptoms don't improve. Make your health a priority this year.



5 Opt for a lip balm with SPF protection to keep your lips silky smooth.



Burn between 500 and 1,000 calories in one hour session of Zumba.



6 Try a new moisturizer. Oil based moisturizers with vitamins C and E will keep your skin moist for a longer period of time.



7 Unplug Daily. Modern electronics have us switched on, tuned in, and stressed out 24/7! Go screen free one hour each day and see where your imagination takes you.



8 Monitor Your Weight. Get a good scale and monitor your weight once every two days to help keep an accurate record of your weight trends.



9 Eat out less than three times per week to help lose weight and keep it off.



10 Exfoliate using your own body scrub. Mix olive oil, lemon juice and sea salt to rid dry skin.



11 Practice breathing exercises to increase lung capacity and improve your stamina during a run.



12 Get Rid of Old Medications. Toss expired medications. Keep a list of current medications in your personal health information record online.



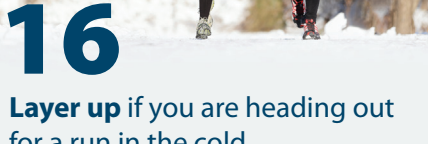
13 Know Your Family History. Accurately filling out your family history form helps your doctors better assess your risks. Talk to your family and record it securely online at [Riverside MyChart.org](http://RiversideMyChart.org).



14 Eat a banana for breakfast. Bananas are a natural cure to reducing the effects of stress and anxiety.



15 Layer up if you are heading out for a run in the cold.



16 Get Organized. Manage your medical and health information in one accessible and secure location when your doctors need them most—Riverside MyChart.



17 Is morning your only time to workout? Place your alarm on the other side of the room to encourage you to get up to turn it off.



18 Don't skip meals. Hunger stays in your body so the next time you eat you'll likely consume twice as much to make up for the lost meal.



19 Total number of calories recommended for daily adult intake: 2,000.



20 Find some upbeat tunes to keep you motivated as you workout.



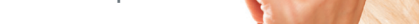
21 Catch up on appointments. Go see (or get) a primary care doctor, urologist, gynecologist, dentist, eye doctor, counselor or therapist. Waiting until something's wrong could be too late!



22 Drink at least 64 oz. of water daily to stay hydrated. Try carrying a water bottle with you to help you meet your goal.



23 Stop Talking Smack... ...about yourself, about others, about situations, about the past or future. Negative talk breeds negative thoughts, negative actions, higher stress and even depression.



24 Meal Prep. Prepare meals once a week and divide into containers to keep healthy eating and your budget on track.



25 Be Thankful. Practicing gratitude has interpersonal, emotional and health benefits. Keeping a journal about things you appreciate can boost your happiness in just three weeks.



26 Healthy Snacking. Try snacking on raw nuts. They are a great source of protein and healthy fats.



27 Drink a cup of chamomile tea. It helps promote restful sleep, soothes the stomach and relaxes your nerves.



28 Live in the Present. Avoid replaying past negative events in your head or worrying about the future... just savor what's going on in your life now.



29 Try coconut oil. Apply a few drops to your hands, arms and legs for a quick glow.



30 Think before you eat. One glazed donut, about 242 calories, takes approximately 88 minutes of crunches to burn off.



MAKE IT A **YOU YEAR**
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