

# 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.



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



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



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



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



**14 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).



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



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



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



**18 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.



**19 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.



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



**21 Find some upbeat tunes** to keep you motivated as you workout.



**22 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!



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



**24 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.



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



**26 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.



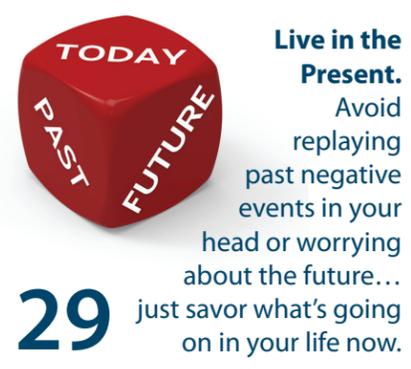
**27 Healthy Snacking.** Try snacking on raw nuts. They are a great source of protein and healthy fats.



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



**29 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.



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



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



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