

## 5 TIPS FOR A HEALTHIER 2023

*Written by: [healthmatters.nyp.org](http://healthmatters.nyp.org)*

Health is always a priority heading into a new year, but amid a winter in which we're experiencing rising cases of COVID-19, flu and RSV, maintaining a healthy lifestyle is more important than ever.

### 1. Exercise Regularly

Staying physically fit improves cardiovascular and muscular health and helps fight disease. Exercising also has been shown to reduce stress and improve your overall mood, so try to squeeze in at least 150 minutes of moderate-intensity aerobic exercise each week, the minimum recommended by the American Heart Association, plus at least two days of muscle-strengthening activities.

For people who are working from home, regular movement during the work day can also help reduce aches and pains. For example, you can add 10 squats, 10 tricep dips on a solid

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Life is a succession of lessons which must be lived to be understood.

- Ralph Waldo Emerson

*Quotes sourced from [Self By Design](#)*

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### Book of the Month Recommendation

***Maybe You Should Talk To Someone: A Therapist, HER Therapist, and Our Lives Revealed***

by Lori Gottlieb

*Maybe You Should Talk to Someone is revolutionary in its candor, offering a deeply personal yet universal tour of our hearts and minds and providing the rarest of gifts: a boldly revealing portrait of what it means to be human, and a disarmingly funny and illuminating account of our own mysterious lives and our power to transform them.*

chair, and wall push-ups to your daily routine. Also, make a point to get up from your desk two or three times an hour to walk around and do light stretching, such as back bends, which will help counter being hunched over a computer.

## 2. Eat Right

In addition to getting enough fruits, vegetables, and whole grains throughout the day, focus on protein in the morning. Packing your breakfast with protein will keep blood sugar and some “hunger hormones” more stable throughout the day, helping to control your appetite.

Consuming excess sugar leads to a condition called insulin resistance, which is a precursor to type 2 diabetes, a fatty liver, and cardiovascular disease. It has also been associated with cirrhosis, neuropathy, kidney disease, general inflammation, and cancer.

## 3. Protect Yourself From COVID-19, the Flu, and RSV

As cases of Covid-19 and RSV persist across the U.S., and amid a severe cold and flu season, it is important to take precautions to protect yourself from these respiratory illnesses. The single best way to protect yourself from the flu and COVID-19? Get vaccinated and boosted. It will protect not only yourself but also helps to prevent transmission to others.

The preventive measures for COVID-19 also apply for the flu and RSV: avoiding large crowds and gatherings, wearing a mask, social distancing, frequent hand-washing, and staying at home when you feel sick.

## 4. Get Enough Sleep

It's critical to keep a regular sleep schedule and get about eight hours of sleep a night. Experts suggest establishing a regular bedtime and wake-up time, avoiding caffeine later in the day, turning off electronics before bedtime, setting boundaries around your media consumption, exercising regularly, avoiding naps, cutting out alcohol, and paying attention to the possible signs of sleep apnea.

## 5. Stick to Your Plan

Whether you're looking to lose weight, get in better shape, stay in better touch with family and friends, quit smoking or drinking, or have another goal in mind, here are simple strategies you can adopt to stick with your plan:

- Own up to what needs to be changed.
- Write out your goals and corresponding action plan in weekly parts.
- Start with a journal entry of “Why?”
- Create incentives.
- Tell someone else.

**For more information or advice, contact eni online at:**

[www.eniweb.com](http://www.eniweb.com)

## More Tips for Staying Healthy this Year

### Quality Time

Focus on spending time with people who fill you up, not leave you feeling drained.

### Manage Your Stress

Take some time to quiet your mind and try spending 30 seconds taking a slow deep breath.

### Don't Smoke

If you use any tobacco products, make a plan to quit in 2023. Using tobacco products weakens your body's natural ability to avoid and fight infections.

### Maintain Routines

Even though it's hard, try to maintain routines. This is especially important when it comes to sleeping and eating, since disrupting either of these can make stress worse. Set a timer to remind you about things like nap and snack times.

### Practice Gratitude

Create opportunities for you and your family to practice gratitude. Research shows practicing gratitude regularly can help lower stress hormones in the body.