



Atrium Health

Take control of Your Health

Set Your 2020 Health Goals

10 Ideas to Jumpstart Your New Year, Increase Your Health and Wellbeing

Did someone say 2020? It's hard to believe that it is a new decade. As the New Year kicks off, press pause to review your life goals. Think about what matters most when it comes to your health and wellbeing and set some goals for 2020.

Here are some ideas to get you started.

- 1 Add more steps to your day.** Simply walking more is one of best ways to sneak in more exercise and improve your health. Look for ways to build more steps into your daily routine.

Experts recommend aiming for 10,000 steps a day. With Fitbits, the Apple Watch and other wearable devices all the rage, it's easier than ever to track your steps. A simple pedometer works well too.

- 2 Commit to better sleep habits.** Getting a good night's sleep is vital to our physical and mental health. Yet 1 out of 3 American adults isn't getting enough shut-eye. Too little sleep has been linked to weight gain, difficulty concentrating, depression, heart disease and diabetes, among other health issues.

The secret to a better night's rest might be easier than you think. For starters, create a zen-like sleep space by keeping your bedroom cozy, dark and at a comfortable temperature. Try to hit the hay at the same time each night and avoid caffeine and exercise for at least two hours before bedtime.

- 3 Avoid sitting for long periods of time.** Too much sitting can spell trouble for your health, even if you exercise. People who sit most of the day, whether it is at a desk or behind a wheel, are more likely to develop health problems, including heart disease and some cancers.

Set reminders to get up and stretch at least once an hour. Consider using a standing desk or walking during conference calls.

- 4 Drink more water.** Not only does water help cleanse the body, studies show people who drink more water also tend to be more mindful about what they eat and have more energy too.

- 5 Designate a no-technology zone.** Too much tech time can actually leave us feeling disconnected, zapped of energy and, in some cases, depressed. Make a plan to set aside your devices and get back to basics – read a book, call a friend or host a family game night.

