20 Tips for a Healthy 2023

No matter your age, a new year is a great time to make healthy improvements in your life.

Not sure where to start? Here are 20 tips to improve your mind, body and spirit in 2023:

1. **Walk.** Walking is the easiest, low cost way to be active. All it takes is a good pair of shoes and the willingness to keep moving.

2. **Try other moves.** If walking creates too great of a strain on your hips and knees, try a stationary bike or swimming.

3. **Find a buddy.** Many people find that having a buddy to share in your activity increases the commitment to walk or do other exercises.

4. **Choose colorful food.** Consuming a variety of foods will ensure you're getting all of the nutrients you need.

5. **Try new recipes.** Explore cookbooks that focus on healthy eating. For many people cooking is also a creative way to relax.

6. **Eat proper portions.** Consider working with a dietitian to formulate a personalized healthy eating plan.

7. **Quit smoking.** It's never too late to become a non-smoker. Smoking increases blood pressure, decreases exercise tolerance and increases the tendency for blood to clot.

8. **Stretch every day.** As you age your muscles tighten and lose flexibility. Stretching will make it easier to perform daily physical tasks.

9. **Stay hydrated.** Don't wait until you're thirsty. Drink lots of water throughout the day.

10. **Consider supplements.** Talk to your doctor if taking supplemental vitamins is right for you to ensure you're getting all the nutrients you need.

11. **Mind your meds.** Take all medicine as prescribed by your doctor. Non-adherence can lead to significant health problems.

12. **Meditate.** Studies have shown that meditating can have many positive impacts on your life, including better sleep, reduced anxiety, and a sense of inner calm.

13. **Play brain games.** Crossword puzzles and other mental exercises are important to maintaining great cognitive fitness.

14. **Get into the garden.** Gardening is great exercise and the fresh air can do wonders for your mood and health.

15. **Volunteer.** The benefits are many, including the satisfaction of helping others, meeting new people and staying physically and mentally active.

16. **Declutter.** Reducing clutter around your house can help decrease your risk of dangerous falls and accidents that could lead to loss of mobility and independence.

17. **Phone a friend.** Staying in touch with friends and family helps reduce risk of depression.

18. **Check out local activities.** Many communities offer programs and activities for seniors that are specifically designed to increase independence, reduce isolation and encourage healthy living... plus socialization is one of the keys to staying young. You can find some in your community at https://www.cnchealthplan.com/care-n-community/

19. **Get regular check-ups.** This will help you and your doctor identify potential health issues before they become a problem. Don't forget about vision and dental exams, as well.

20. **Do things that make you happy.** Whether it's reading, painting, playing with grandkids or watching your favorite sporting event, take time to enjoy the simple things in life.

Make 2023 the year your focus on YOUR Health and take care of YOU!

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