



New Year, Healthier You

Have you set any new year's resolutions? At the start of a new year, many people create a list of goals they want to accomplish during the year, and often those include goals to live healthier. Your goal of living a healthier lifestyle can be anything from quitting smoking, eating a heart healthy diet, or committing to exercising regularly. Creating a new year's resolution is the easy part; committing to a plan to help you meet that goal can be a challenge. Many of the people who set health and wellness goals stop working to achieve them shortly after they make them. Although some people are highly motivated to change certain health behaviors, the process to develop new habits can be a challenge for some. To help you plan for successful changes in your health it's best to choose one or two small goals and increase to bigger ones gradually.

Here are a few tips to help you get started to become a healthier and happier you. Ask yourself these questions:

1 What do you want to achieve?

Choose a specific goal to focus on that is realistic and achievable. Create a detailed plan on how you will achieve your goal. For example, if you want to consume a low sodium diet, consider developing a low sodium meal plan, identify how much sodium you need in your diet (recommended daily value is 2,300 mg = one teaspoon), and learn what foods to eat less of and which foods to add to your diet.

2 How will I measure my progress?

Based on the goal you are trying to achieve; decide how you will track your progress. If you are trying to quit smoking, the goal can be measured by the number of days you have gone without smoking or the amount of money you saved from not buying tobacco products. For free help quitting tobacco products, contact the Nevada Tobacco Quitline at 1-800-QUIT-NOW (1-800-784-8669).



3 Is my goal realistic?

Make sure your goal is something you can manage from day to day. If you want to increase physical activity or run a marathon, download an app or keep a daily log to track your progress. Start by going for a jog two or three times a week for timed intervals.

4 How do I measure success?

Give yourself a deadline to measure your progress. If your goal was to manage your blood pressure, measure your progress using a daily tracker to record your blood pressure readings. A normal blood pressure is less than 120/80 mmHg. Once you achieve your goal, you can always set a new one. Keep making healthy lifestyle changes that become lifelong habits.

Change is a process. Stay committed to your goal of improving health and wellness and remember it's not a race. You will finish strong.

For more tips and resources, visit www.getthehealthyclarkcounty.org.

COMMUNITY RESOURCES

Free diabetes conversation maps classes

Held in person February 17 and 24, 3:30-5:30pm, at the Southern Nevada Health District (280 S. Decatur Blvd.) for people who have prediabetes or diabetes. Participants must attend both sessions to complete the class. If interested, email earney@snhd.org or call (702) 759-1271.

Free flu shots

Saturday, January 30 • 9-11am
Greater Evergreen Church • 1915 Lexington St. • Las Vegas, NV 89106

To learn more about the Southern Nevada Health District's **BarberShop Health Outreach Project** and **Beauty Shop Health Outreach Project**, contact Amineh Harvey at harveya@snhd.org.