



## Staying Motivated on Your Health to Wellness

Setting a goal to achieve optimal health and wellness is the easy part. Staying motivated and taking action is often where we face challenges. Sometimes it can be hard to be consistent on our health journey. For this reason, many people start with high enthusiasm when making their New Year's resolutions but lose momentum shortly after. Developing a long-term plan to stay committed on your journey is crucial for your heart health and body. To help you achieve your long-term health and wellness goals, set reasonable expectations and take small steps to get started.



### Take Action Steps to Reach Your Goal

Start with small, measurable steps and come up with an action plan to achieve them. Try writing your goals on paper or track your health journey in a fitness app. Once you complete the first step, move to the next one. Here are some examples to help you get started:

- If you want to improve your diet, start by developing a weekly meal plan. Then go shopping to make sure you have all the ingredients on hand. You can meal prep on the weekends by precooking meats or chopping vegetables to save time during the week. Meal planning can help save time and money as well as help you improve your diet by eating healthier meals at home.

- If you want to manage your weight, start by taking your measurements and before-and-after pictures to measure progress. Then identify initial nutrition and/or physical activity steps you will take to meet your goal. These could include eliminating soda or sugar-sweetened beverages (or swapping them for no-calorie options like sparkling water or unsweetened tea) or taking a 15-minute walk after dinner.
- If you want to better manage your heart health, start by monitoring and tracking your blood pressure at home. There are some great **Blood Pressure Self-Monitoring Programs** out there to support you.

### Celebrate Your Fitness Success

You will have setbacks along the way, but don't get discouraged. Just keep trying. It's important to celebrate success along the way. Decide how you will celebrate each milestone in your journey. Focus on tangible, non-food rewards as opposed to rewarding yourself with food or a cheat day. Consider rewards such as new clothing, a weekend getaway, a spa day or a movie outing. Remember to have fun on your new healthy lifestyle journey.

To learn more about achieving a healthy lifestyle, visit [www.GetHealthyClarkCounty.org](http://www.GetHealthyClarkCounty.org).

### COMMUNITY RESOURCES

#### Free Dental Clinic — February 26

Free dental care for uninsured children 4 to 18 years of age.

A parent or legal guardian must be present. By appointment only. No walk-ins.

**UNLV School of Dental Medicine • 1700 W. Charleston Blvd., Bldg A • Las Vegas, NV 89102**

**Call 702-774-2461 to schedule a screening visit.**

#### Free COVID-19 Vaccines

Locate clinics near your ZIP code.  
[www.snhd.info/covid-vaccine](http://www.snhd.info/covid-vaccine)

#### Free COVID-19 Testing

Locate testing sites open today.  
[www.snhd.info/covid-testing](http://www.snhd.info/covid-testing)

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](mailto:harveya@snhd.org).