



## New Year, New You

The start of a new year is a great opportunity for self-reflection, taking an honest look at one's lifestyle habits, and considering new approaches to improve health and wellness. Often habits and behaviors such as lack of physical activity, poor nutrition, and tobacco use can lead to illness, suffering, and early death related to chronic diseases and conditions<sup>1</sup>.

Optimal health and readiness can be achieved by ending tobacco use and creating daily habits of healthy eating, active living, and good sleep hygiene. This year commit to a healthier lifestyle with the practical tips below.

### *This is the year I choose to... make better food choices* 🍏

Food is fuel for the body. In order to keep your body functioning properly, you have to eat healthy foods. Building a healthier eating style can help you avoid weight gain and obesity and reduce your risk of diseases such as heart disease, diabetes, and cancer<sup>1</sup>. You can eat healthier by<sup>2</sup>:

- Mixing vegetables into your go-to dishes.
- Using fresh, frozen, and canned fruits and vegetables. They all offer the same great nutrients. Just be sure to watch the sodium on canned vegetables and look for fruits packed in water or 100% juice (not syrup).
- Eating baked or grilled food instead of fried.

### *This is the year I choose to... get active* 🏃

Physical activity has the ability to enhance your overall quality of life by improving your sleep, boosting your mood, and decreasing your risk of chronic disease<sup>3</sup>. To enhance overall well-being, follow these fitness tips<sup>4</sup>:

- Engage in at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity aerobic exercise **per week** to reduce the risk of chronic disease or prevent weight gain.
- Engage in moderate or high-intensity muscle strengthening activities that involve all major muscle groups on two or more days a week.

### *This is the year I choose to... get more sleep* 😴

Getting enough sleep is essential to overall health and wellness. Insufficient sleep can take a toll on your energy, mood, and ability to function during the day. In fact, chronic insomnia can contribute to health problems such as heart disease, high blood pressure, and diabetes<sup>5</sup>. A few tips to help you get more and better sleep include<sup>6</sup>:



- Go to bed at the same time each night and rise at the same time each morning.
- Make sure your bedroom is a quiet, dark, and relaxing environment, which is neither too hot or too cold.
- Make sure your bed is comfortable and use it only for sleeping and not for other activities, such as reading, watching TV, or listening to music. Remove all TVs, computers, and other "gadgets" from the bedroom.
- Avoid large meals before bedtime.

### *This is the year I choose to... quit tobacco use*

Tobacco is a dangerous addiction that's expensive, deadly, and has a serious impact on readiness. If you are overwhelmed by the vast amount of information about how to quit tobacco, check out the [Starter Kit to Quit](#). The kit includes tips, considerations, and specific actions you can take throughout the four phases of quitting tobacco use:

- Thinking about quitting;
- Preparing to quit;
- Your quit day, and;
- The first 30 days after your quit day.

The Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness (HPW) Department has resources and tools to help Sailors, Marines, beneficiaries, and DoD civilians adopt lifelong healthy behaviors and lifestyles. Check out our webpages on [Healthy Eating](#), [Active Living](#), [Tobacco Free Living](#), and [Sleep](#) for tips on making better food choices, getting active, getting more sleep, and quitting tobacco use.

## References

<sup>1</sup> U.S. Department of Agriculture Choose My Plate. My Plate. <https://www.choosemyplate.gov/MyPlate>. Updated January 2016. Accessed December 2016.

<sup>2</sup> President's Council on Fitness, Sports & Nutrition. How to Eat Healthy. <https://www.fitness.gov/eat-healthy/how-to-eat-healthy/>. Accessed December 2016.

<sup>3</sup> U.S. Department of Health and Human Services. 2008 Physical Activity Guidelines for Americans. <https://health.gov/paguidelines/pdf/paguide.pdf>. Published October 2008.

<sup>4</sup> Centers for Disease Control and Prevention. Physical Activity. <http://www.cdc.gov/physicalactivity/basics/adults/index.htm>. Updated June 2015. Accessed December 2016.

<sup>5</sup> Institute of Medicine (US) Committee on Sleep Medicine and Research; Colten HR, Altevogt BM, editors. Sleep Disorders and Sleep Deprivation: An Unmet Public Health Problem. 3, Extent and Health Consequences of Chronic Sleep Loss and Sleep Disorders <http://www.ncbi.nlm.nih.gov/books/NBK19961/>. Published 2006. Accessed December 2016.

<sup>6</sup> Centers for Disease Control and Prevention. Sleep and Sleep Disorders. [http://www.cdc.gov/sleep/about\\_sleep/sleep\\_hygiene.html](http://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html). Updated December 2014. Accessed December 2016.