

## Wellworks For You Presents: *Your Resolution Checklist - Keep Your Resolutions*

We've compiled some of the most popular resolutions of 2016. With a little inspiration, you can keep yours going strong all year. For help keeping your resolutions, adopt a few of the ideas below for a happier and healthier 2016!

### ENJOY LIFE WITHOUT THE STRESS

**Go Hiking** - Vitamin D, fresh air, and exercise release endorphins that help you relax and enjoy yourself, stress and worry-free.

**Therapeutic Coloring** - In short, we mix logic and creativity to form a technique for relaxation. Not only are you releasing stress, you're also discovering the artist within.

### CREATE A POSITIVE ATTITUDE

**Start a Gratitude Journal** - Record 3 things in each day that you are thankful for. This practice will make you thankful-minded.

**Become Intentional with Relationships** - Find intention and purpose with a friend by actively listening and taking the time to encourage and uplift them. Watch how your actions can positively impact their life and yours.

### FUEL YOUR BODY

**Always Eat Breakfast** - No matter how big or small, just make it nutritious. Eating breakfast helps your memory, fights diabetes, and can aid in weight loss.

**Don't Become a Processed Human** - Processed foods are the #1 leading cause of obesity and preventable diseases. If you don't have time to cook, start by snacking on fruits and vegetables. Your body will begin to crave healthy, whole foods.

### GET A MOVE ON

**Exercise While You Work** - Think it's impossible? It's not. If you are on your feet all day, you are one step ahead. If you have a desk job, set up walking meetings or take breaks and walk around your building instead of sitting and talking.

**Sweat in the Morning** - Whether you have 15 minutes or an hour, exercising first thing gets you physically, mentally, and emotionally ready to conquer your day.

### TAKE CARE OF YOU

**Go To Bed** - That's right! Did you know that sleeping may actually help you lose weight? Not only that, it improves memory, spurs creativity, and more!

**Treat Yourself** - Some of us can do this with no problem, but others find it hard to spoil themselves. Be sure you take time out for yourself at least once a week to meditate and refocus. Do something you enjoy. Remember, there's only one you! Take care of yourself.

So, what do you say? Let's take this one step at a time. If you slip up, don't quit. The sun will rise again. You can continue to challenge yourself. Here at [Wellworks For You](#), we provide many venues for resources such as [Health Coaching](#), [Smoking Cessation](#), [Lunch & Learns](#), [Disease Management](#), [Pedometer Programs](#), and more.

Give us a call at [1-800-425-4657](tel:1-800-425-4657) and discover the [Wellworks](#) difference.