

# NEW HORIZON MEDICAL

|JAN 2023|

## *Health Tip of the Month*

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## **NEW YEAR – NEW YOU**

The new year brings with it new opportunities. Any time is a good time to make a change, but the new year brings a sense of excitement and motivation to make the change you've been waiting for. If the holidays got you off track or did not go as planned that's okay. Use this renewed sense of motivation to start fresh.

Find ways to start making progress in different areas of your life. This does not always need to be weight related. Positive changes will transfer from one area of your life to another!

Break down the big lofty goals into smaller ones and then start checking them off. Let one build on another to ultimately get you where you want to be!

### **IDEAS FOR PUTTING IT INTO PRACTICE**

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#### **TRY A NEW HOBBY**

Learning a new skill can foster growth in other areas of your life.

#### **SET REALISTIC GOALS**

We've said it before, and we will say it again... set SMART goals (specific, measurable, attainable, realistic, timely).

#### **FOCUS ON THE POSITIVE**

Start out by adding positive behaviors rather than removing negative ones. For example, set your first goal to increase your water intake rather than giving up a favorite food.