

Innovative WellNews



January Stay Healthy



Did you know

that January is National Staying Healthy Month? We like to emphasize the word *staying* because the true benefits of health are long-term. The goal is to maintain healthy habits and not just achieve a short-term goal. Short-term goals are meant to help us reach our ultimate long term goals.



Now that the exciting and busy season has come to an end, it is time for a refresh and reset! New Year's resolutions are popular because now is a great time to reflect on the past year and set some new goals. New Year's resolutions don't need to be drastic or intense but things you want to focus on all throughout the year. So how do you set yourself up for success?



1. State Your Purpose – Determine your motivation behind your goal or find your “why”. Why do you want to make this change and how will it benefit your well-being?
2. Set S.M.A.R.T. Goals – These are specific, measurable, achievable, realistic, and time defined goals.
3. Set Smaller Goals – Aim for smaller milestones along the way to your ultimate goal.
4. Identify What May Get in Your Way – There will definitely be some barriers when it comes to trying to make lifestyle changes. What can you do to combat or deter these barriers before they occur?
5. Seek Support – Find people or resources that can provide you with support along the way.

Health and Wellness Observances

National Blood Donor Month

The month of January is usually a period of critical blood shortages. People stop donating blood during the holidays and when they get sick during cold and flu season. Blood drives also get snowed out during the winter months. Find a location to give blood and schedule your life-saving donation appointment today.



Cervical Health Awareness Month

**14,000
WOMEN**



More than 14,000 women in the United States are diagnosed with invasive cervical cancer each year, but the disease is preventable with vaccination and appropriate screening. Take the time to ensure you and your loved ones are up to date!

Take a Walk Outdoors Day – January 20th

Studies have shown that spending time outside reduces cortisol levels, muscle tension, and lowers heart rate. Take some time to enjoy the outdoors!



Monthly Nutrition Fact

A great way to start improving your nutrition is to increase your intake of fruits and vegetables.

Did you know that broccoli contains twice as much Vitamin C as an orange? It also has almost as much calcium as whole milk and the calcium in broccoli is better absorbed by the body.



Monthly Physical Activity Tip

Do you ever feel like you just don't have time to exercise? Try to change your mindset! A longer workout isn't necessarily a better workout. The best workout is the workout that you're going to do, any type of exercise is better than none. For example, your one-hour workout might be a steady walk, whereas your 10-minute workout could be a high intensity training session; both are valuable, you just have to choose what works best for you and your schedule and goals.



We Value Your Feedback!

Thank you to those who have shared. We love your suggestions.

Please share what you would like to read in our newsletters:

<https://www.surveymonkey.com/r/9VCD9NV> | 🔍



Sources: <https://www.aabb.org/for-donors-patients/national-blood-donor-month>

<https://www.nccc-online.org/cervical-health-awareness-month/#:~:text=The%20United%20States%20Congress%20designated,with%20vaccination%20and%20appropriate%20screening.>