

## Tips for Your Wellness Reboot

January 2017

Have a ham, egg nog, stuffing and champagne hangover? *We know the feeling!* We also know that the “cold turkey” approach to getting back on track rarely works after the first few days.

Rather than extreme, sweeping changes that may be hard to maintain over time, consider taking these small but meaningful steps as you renew your vows to making healthy choices in 2017:

1. Try **walking meetings**. This is a terrific way to get work done AND move. And hey, you don't have to worry about finding meeting space! Check out Feet First's “Guide to Walking Meetings” here: <http://www.feetfirst.org/walk-and-maps/walking-meetings>
2. Sign up for a few **health-focused e-newsletters**. Great recipes and simple, actionable ideas about how to manage your health come right to your door (in a manner of speaking)! Dr. Weil's “Daily Tips” free e-newsletter (<http://www.drweil.com/>) is a good one, and so is HealthBeat, a free e-newsletter produced by Harvard Health Publications: <http://www.health.harvard.edu/healthbeat>. The New York Times also has a terrific, searchable **Health** section, an e-newsletter called *Well* and a **Cooking** section that's enough to inspire even the laziest chefs among us to try new, healthful recipes.
3. Drink **water**. Add **lemon** or **lime** for a shot of citrus and color! Dehydration sometimes manifests as hunger so drinking water not only helps with hydration but may help with weight management as well. Dehydration can also disrupt sleep so drink up for **better sleep** too!
4. Need a soda fix? Try some of the new **natural sodas** like Maine Root's Ginger Brew or, better yet, make it yourself. These options are tasty and don't contain high fructose corn syrup, a form of processed sugar that sends blood sugar into the stratosphere with nothing to balance it out.
5. Need a chocolate fix? Try **dark chocolate** – organic if you can find it. There are too many brands to list here but that's good news! Dark chocolate is super tasty, doesn't have as much sugar as milk chocolate and contains anti-oxidants!
6. **Stretch**. You don't need fancy exercise clothes or an expensive gym membership to stretch! Just a few minutes and enough space for a mat. **Injury prevention** and **pain management** are just two of the many benefits associated with stretching. Check out Gretchen Reynolds' article “The Right Way to Stretch Before Exercise” from The New York Times: <http://well.blogs.nytimes.com/2016/01/21/stretching-back-to-the-past/>
7. Okay, it's cold, the days are short, and there's ice and/or snow in the forecast (gasp) but still – there's much to be grateful for! Like Wellness Month at HMS! Try keeping a running list of things you feel lucky for – studies show that people who express their gratitude are happier, and more optimistic.
8. Make time to **play**. Whether it's a pick-up ball game with co-workers or Scrabble with family, dancing around your living room with your grandchildren, or playing in the snow with your dogs, play helps us connect, relax, and recharge. It's crucial to well-being, so enjoy!