



The most common New Year's goal is to get healthier. The secret to developing a healthy habit lies in implementing small steps that are positive, specific, and achievable. Instead of setting another goal, here are a few secrets to achieving them throughout the year and beyond.

## Save your health

**View your health like it's your savings account.** Every little bit you put in builds up. Like compounding interest in your account, cardiovascular endurance, strength, and small habits build upon themselves when you're consistent. Even if you only put in 10 minutes a day right now, you'll be healthier by the next time New Year rolls around than if you did zero minutes of exercise for the next 365 days. So, start where you can and build from there.

## Sick today, better tomorrow

**Take a day off to take care of your mental health.** Making your health a priority can be challenging when you're busy or taking care of others. If you're feeling overwhelmed by job stress, life changes, or family responsibilities, get the support you need.

## Jot it down

**Set yourself up to win by writing down the habit you want to create and reviewing it every day.** 'Exercise more' for example, is too vague. But writing 'I will walk 1 mile in the morning to feel better and more energetic during the day', is more specific and helps your brain look for ways to form the habit. Framing habits in positive terms can also motivate you to succeed.

## Envision your new habit

**When you start any new habit to improve your health, do you think about how it would make you feel to reach your goal?** A habit is easier to form when genuine, positive feelings are attached to it. Envisioning the happiness, gratitude, or pride you'll feel when you create and stick to a healthy habit can help drive your motivation and keep you on track.

## Additional Resources

- [Omada Health](#)
- [U.S. Department of Health & Human Services](#)
- Level Up also wants you to continue to embrace mindfulness, daily. Kaiser Permanente is providing great resources on [mindfulness](#) and [well-being](#) — free webinars available to all employees. Register and tune in!



**Have You [Registered for Star Trak](#) yet?** Capture the spirit of space exploration and adventure in this physical wellness challenge. Everyone (*including household members, 13 years and older*) can boldly go to better health and fitness in Star Trak! **The challenge begins on Monday, January 27.**

Don't forget the [BIG giveaways!](#)

Office of Human Resources Management  
Level Up – Employee Wellness Program  
1400 McCormick Drive, Suite 351  
Largo, MD 20774  
[LevelUp@co.pg.md.us](mailto:LevelUp@co.pg.md.us)

