

## Building Healthy Habits

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As we usher in the new year, it's an ideal time to channel our energy into cultivating healthy habits. The choices we make daily play a significant role not only in our present well-being but also in shaping our future quality of life. In fact, embracing healthy lifestyle choices helps to shield us against prevalent and avoidable health issues

such as heart disease, cancer, type 2 diabetes, and obesity. Whether it's the habitual rituals such as morning exercises or unwinding practices like nightly drinks, these behaviors, when repetitive, form patterns that can be challenging to change. Today, let's dedicate ourselves to nurturing healthy habits, paving the way for a healthy and fulfilling life.

**Start Small:** Make a plan that includes small, reasonable goals and specific actions you'll take to move toward them. For instance, instead of aiming to change your diet overnight, start by incorporating one extra serving of vegetables each meal.

**Consistency is Key:** Building a new habit takes time and effort. Consistently repeating the behavior reinforces the habit. Try to perform your new habit at the same time every day to help it become automatic or find an accountability partner.

**Think About the Future:** Focusing on how a change might heal your body and enhance your life can help. For instance, when you stop smoking, your risk of a heart attack drops within 24 hours or reducing stress can lead to better relationships

**Embrace Patience:** Remember, it's never too late to start the journey towards better health. Try out different strategies until you find what suits you best. Prioritizing your well-being is an investment in yourself.

REFUEL Wellness Series Presents:

# INNER BALANCE

This class invites you to cultivate a deeper connection between mind and body, fostering a sense of inner calm and clarity.

Join us for the first class of our 2024 series on **January 18, at 12pm PST** for a 15-minute mental retreat.

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