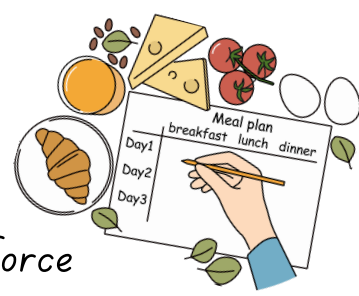


Happy  
New Year

# CommonHealth WEEKLY WELLNOTE

Simple, science-backed guidance for a healthier workforce



## Spotlight on Healthy Holidays: New Year Goals

A new year often signifies a fresh start. For some, this means setting health goals, such as losing weight, following a healthier diet, and starting an exercise routine.

However, more often than not, the health and wellness resolutions chosen are highly restrictive and unsustainable, leading most people to break their resolutions within a few weeks. This is why we often make the same resolutions year after year.

To break that cycle, make resolutions that can not only improve health, but also be followed for life. Here are a few goals that may be easier to keep:

- Eat more whole foods.
- Sit less and move more.
- Cut back on sweetened beverages.
- Find a physical activity that you enjoy.
- Take more 'me time' and practice self-care.
- Cook more meals at home.
- Spend more time outside.



- Limit screen time.
- Rely less on convenience foods.
- Get more quality sleep.
- Add more produce to your diet.
- Try a new hobby.
- Stop negative body talk.
- Visit your doctor.



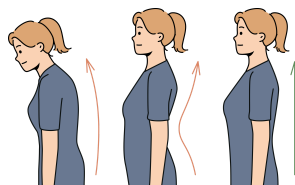
The holiday season goes out with a bang on New Year's Eve! Check out the attachment for tips on maintaining a healthy plan while celebrating.

### Try It This Week: Straighten Your Posture

Set regular reminders (alarms or notes) to straighten your posture! Bring your neck and hips into a neutral position, then pull your shoulder blades back and expand your chest, keeping your ribs over your hips.

Good posture helps every muscle work in an optimal way and reduces pressure on our joints. It decreases the risk of backaches, helps us feel more confident and energized, and improves our ability to breathe.

See our [Back on Track campaign](#) for more tips to improve posture and prevent back pain!



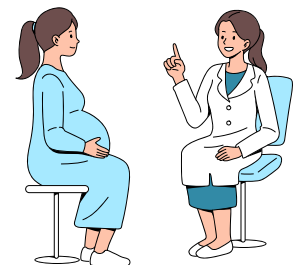
[Back on Track Campaign](#)



### Benefits Buzz: Maternity and Pregnancy Care

Families can get personalized, on-demand health support during pregnancy, postpartum, and/or while raising young children.

Contact your Benefits Administrator and/or health plan for details.



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striving for a healthy holiday season

**F**inish  
**W**ell  
2024

## FINISH WELL 2024 SURVIVING NEW YEARS PARTIES

You are on the homestretch of Finishing Well for 2024. For many of us, there's one major hurdle left: the New Years Eve party. Here are a few tips to maintain a healthy plan without giving up the party. These healthy habits can be applied to any party throughout the year!

1) **Pick Your Favorite Treat** - decide ahead of time on one item you really want. Dessert, a sweet cocktail or fancy appetizer? While keeping most choices on the healthier side, allow yourself to enjoy that one dish you're really craving. Then, eat it slowly and savor it.

2) **Don't Go Starving** - have a small snack before party time to curb excessive hunger. being overly hungry can make it difficult to control portions and make healthier choices. Try a snack that contains both protein and fiber.

3) **Lead the Way** - the best thing about pot luck is that you can bring your own healthy dish. Everyone appreciates a lighter side dish among all the dense, high calorie items.

4) **Sip Water** - it may sound simple, but staying hydrated with water may help you avoid overeating.

5) **Enjoy and Get Back on Track** - remember the holidays are about so much more than food. Enjoy time with friends and family. If you feel like your healthy eating plan slips, make a mental note of what happened, so you can easily get back on track next time.