



HEALTHY HABITS for the New Year!



Making New Year's resolutions is a tradition that encourages self-improvement. Making individual health-related resolutions, however, can benefit the entire community.

Here are ten healthy habits for the new year:



Wash hands often. The best way to avoid getting sick is to keep your hands clean. When using hand sanitizer, make sure it's at least 60% alcohol. When using soap and water, lather-up for a full 20 seconds.



Get enough sleep. If you don't get your ZZZs, you're setting yourself up for a whole host of health problems. Follow a set sleep schedule. Go to sleep and wake up at the same time each day, even on weekends.



Exercise. Exercising can improve your mood, reduce stress, and even make your brain work better. Over time, exercise can prevent health problems ranging from obesity and diabetes to heart disease and even cancer.



Eat a healthy breakfast. Preferably with protein, within 90 minutes of waking up. This starts your metabolism for the day and also prevents you from getting too hungry and overeating later in the day.



Eat five servings of fruits and vegetables a day. One serving equals a ½ cup of cooked veggies or a full cup of raw or leafy veggies or one small fruit.



Avoid trans fats. Trans fats are mostly in processed foods, so if the list of ingredients includes the word, "hydrogenated", stay away.



Eat good fats. Omega-3s are found in foods like fish, especially salmon, sardines, and fish oil supplements. Other choices include walnuts, almonds, and flaxseed. These have been shown to reduce the risk of heart disease, improve your immunity, and reduce inflammation.



Avoid sugar. This is one of the toughest. Its negative list runs from obesity to diabetes to heart disease and cancer.



Practice good dental health. Periodontal infection contributes to heart disease, diabetes, and more.



Don't drink and drive or let others drink and drive. When anyone drives drunk, they put everyone on the road in danger.



Get regular screening. The type of screening you need depend on your age and gender, so consult with your doctor about which ones you need. Some of the most important ones include:

Annual Physical

Blood Pressure

Cholesterol

Colonoscopy

Mammogram

Pap Test

Prostate Cancer
Screening

Skin Cancer
Screening



West Windsor Health Department

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