



# The time is now

New year, new challenges, new you

Ready to become your healthiest, happiest you? Now's the perfect time to focus on your goals and begin making changes.

## **Starting strong, staying well**

Maybe you want to quit smoking or get better sleep. Or learn to manage stress so you can improve your mental and emotional health. Whatever your health goals, you'll find them easier to achieve when you put your best foot forward.

# Set yourself up for success

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## Remember your “why”

What’s your reason for wanting to change a habit? Taking the time to think about what really matters to you will help you reach your goals.



## Start small

Focus on small goals first and take it one goal at a time. By doing so, you’re less likely to feel overwhelmed and more likely to stay the course.



## Reach out for support

You don’t have to do it all alone. Consider teaming up with a family member or friend who’s aiming for the same goals you are. Make it a challenge!



## Pat yourself on the back

Make sure to celebrate small successes. Giving yourself credit will help you stay motivated in the long run. So go ahead and hype yourself up!

**What do you want to achieve for your total health? Get started now.**

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