



Renew Health in the New Year

The new year is an excellent time to reflect upon ways we can take better care of ourselves. Here are some suggestions for making New Year's resolutions to improve our health that we might actually keep:

Find your way to fitness

Moving more is a great place to start. Follow these tricks to get (and stay) active:



Make it small. Start with small goals, then work toward a longer-term daily exercise habit.



Make it easy. Put workout clothes out the night before you exercise or keep a pair of tennis shoes in your car.



Make it fun. Choose something you enjoy doing, something you might even look forward to. Don't sweat it if running isn't your thing.



Make it social. If you have an exercise buddy, you are less likely to flake on them — and on your exercise goals.

Set a team Thrive goal

Setting a team Thrive goal can empower everyone on the team to prioritize their health. Create a group goal or let individuals set a personal Thrive goal that is meaningful to them. Making the goal SMART — Specific, Measurable, Attainable Relevant and Timebound — increases the likelihood the goal will be achieved.

Team Thrive goals can include:



Committing to weekly team walks or daily [Instant Recess](#) breaks. Remote teams can take part in these activities, too!



Instituting a team challenge, such as: *“Our team will increase our physical activity by 30 minutes each week by the end of January.”*



Participating in [Go KP wellness challenges](#) as a team.



ADDITIONAL RESOURCES



- » [Food for Health blog](#)
[KP intranet]
- » [Emotional eating](#)
- » [Tips for staying active](#)
- » [Tiny Habits](#)