

New Year, New Resolutions

Start off the new year on the right foot – take control of all of your health-related goals, compete in challenges, and earn rewards! Here's how to make lasting health changes for the rest of the year.

Stay Positive: How you think can make the difference between what you do or what you fail to do.

Get Fit: Find the best workout for your fitness level, whether it's walking the neighborhood or going high-intensity!

Lose Weight: Select a "start" date for your diet and plan the majority of your meals and snacks.

Lower Stress: Take up meditation, cut back on caffeine, and/or start exercising to get your stress under control!

Set Goals: Team up with a health coach by calling [client phone number] [additional phone instructions]



After the holidays, stress levels can skyrocket. Get started by visiting **carefirst.com/sharecare!**

