



Wellness Wednesdays

Hello January!

New Year, Healthier You!

Set Realistic Health Goals for 2025

The start of a new year is the perfect time to reflect and set goals for a healthier lifestyle. Here are some tips:

- **Be Specific:** Instead of saying, "I want to be healthier," try, "I will exercise for 30 minutes three times a week."
- **Make It Measurable:** Track progress with numbers or milestones, such as aiming to drink 8 glasses of water daily.
- **Start Small:** Focus on one or two areas to improve rather than overhauling your entire routine at once.
- **Set a Timeframe:** Decide on a target date to reassess your progress, such as the end of each month.
- **Celebrate Milestones:** Reward yourself for achievements to stay motivated—just make sure the reward supports your health goals!



BOOK
ONLINE
WITH A
HEALTH
COACH!



SHANA MCGOWAN

