

# New Year's Resolutions for a Healthier and Stronger You

# 12

## Achievable Goals for 2022

Sunnybrook Health Sciences Centre - Occupational Health and Safety Dept

### 1 Prioritize Yourself

Your physical and mental health is foundational to productivity and effectiveness at work and home. Make space in your day to actively participate in healthy habits.

### 2 Prepare for Success

Writing down goals, telling others and making recreational commitments help ensure accountability and consistency through the year. Create a plan!

### 3 Do it Now

Don't wait! Health is important whether you are a child, youth, adult or senior. Don't overwhelm yourself. Any healthy practice is better than none, so get started!

### 4 Explore Resources

You don't need to be an expert to get started! Seek and use resources to learn information on posture, safe work practices, fitness and healthy living.

### 5 Work Smart

It's not about being quicker. It's about achieving goals in a way that's efficient, safe and enduring. Your body needs to last you your lifetime!

### 6 Work Together

Team work is a cornerstone of sustainable work and household culture. Take the time to communicate and coordinate efforts.

### 7 Practice Posture

Sit tall! Stand up! Your body will thank you (and complain less) for changing positions, straightening up between bending tasks, ensuring seated low back support and cradling your neck with a supportive pillow.

### 8 Exercise Intentionally

Exercise intentionally to build muscular strength, endurance, joint/core stability, flexibility and cardiovascular health. Seek assistance if needed, progress gradually and be consistent for maximal gains.

### 9 Breathe with Focus

Don't just breathe on automatic pilot. Practice paying attention to your body as you breathe. Relax your neck and shoulders. Breathe in through your nose and out through your mouth. Slow your breath down.

### 10 Be Consistent

Brushing teeth is a daily habit. Make a daily fitness commitment too! Your persistence will make daily tasks feel easier, reduce muscular discomfort, prevent work injuries and improve sleep.

### 11 Measure Success

Goals need to be measured. Use self report questionnaires, pedometers, heart rate monitors and scales to track changes on your path to a healthy lifestyle. Applaud yourself!

### 12 Be Kind to Yourself

Show kindness to yourself. Use positive words when describing yourself. Hold yourself accountable to goals, but be realistic and flexible. Reward yourself along your journey.