

Improve your health with these
New Year's Resolution
ideas



Shop the outside of the grocery store first.

Limit Screen time outside of work to 60 minutes a day for adults.



Get active outdoors.

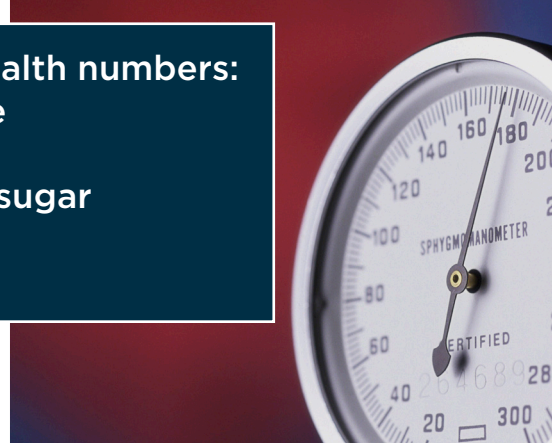
Get a pet for motivation and companionship.



Exercise 30 minutes a day/5 days a week.

Improve your health numbers:

- Blood pressure
- Cholesterol
- Fasting blood sugar
- BMI
- Waist size



Marshfield Clinic
Health System

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