



# **Wellness Tip of the Week**

with the Area Agency on Aging District 7

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## **New Year's Resolutions for Your Health!**

- *Get more quality sleep.*
  - *Drink more water.*
- *Find a physical activity you enjoy.*
  - *Spend more time outside.*
- *Eat healthier - fruits, vegetables,  
whole grain foods.*
- *Think positively and talk positively to yourself.*
  - *Visit your doctor.*