

Realistic Wellness Goals for the New Year

Written by AZFoothills.com

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Making resolutions for the new year is something that millions of people do, but in reality, only about [8 percent of those individuals](#) end up sticking to them. Resolutions are goals individuals want to achieve during the new year, such as losing weight, getting a job promotion, or finding a romantic partner. Without a proper plan in place and the required motivation to see them through, it's easy to forget them, leaving many people discouraged long before the end of the year. The best ways to achieve success with New Year's resolutions is setting goals that are within reach and having a plan for reaching them.

Get Moving

If your goal is to lose weight or maintain a healthy weight, one of the best ways you can achieve is to get up and move your body. Not only does being active burn calories, but it also can help reduce brain fog, improve [mental health](#), lower stress, prevent depression, and it strengthens bones and muscles. You should aim for at least 30 minutes of moderate physical activity each day to assist with weight loss or maintaining weight loss.

It is healthy and good for your body to exercise every day as long as you're not pushing yourself too hard. Your body will let you know when it needs you to take a break which is when you should listen to it to prevent injuries.

Treat Any Addictions with Holistic Addiction Treatment

If you're currently struggling with overcoming an addiction, it can be a good idea to work with professionals for treatment. Signs you might be struggling with include changes in your personality, changes in your daily routine, lack of concern for personal hygiene, and shakes and tremors. [Holistic addiction treatment](#) is one of the many options you have available for help.

Depending on the specific addiction you're fighting, there may be other options as well. Those include detoxification, cognitive behavioral therapy, rational emotive behavior therapy, 12-Step Facilitation, and treatment with medication. If you're not sure where to start, you can first start with your primary care physician to see if they can give you any referrals to specialists that can help.

Learn New Skills

[Learning new skills](#) is an obtainable resolution for people because the options are endless. There are many benefits to learning new things, such as giving you motivation, boosting happiness, teaching you how to be adaptable and accepting of change, and it can prevent boredom. New skills don't necessarily have to be useful in everyday life, but they should interest you, so you enjoy learning them. Some examples of new skills to learn include public speaking, written communication, making a website, learning how to make new foods, baking, and learning a new language.

Drink More Water

Another goal that would be easy for most people to achieve is to drink more water. It's a good idea to [calculate how much water your body](#)

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[needs](#) and then set small goals throughout the day to reach that goal daily. On average, adult males need approximately 15.5 cups per day, while adult women need 11.5 cups of water.

Staying properly hydrated is crucial to your overall health and should be a priority. Good hydration helps prevent infections, keeps your organs functioning properly, helps to keep your joints lubricated, and regulates body temperature.

Take Time to Relax Each Day

Relaxation is important because it helps you manage your stress levels and avoid anxiety. Regardless of how busy your schedule is, relaxation should be something that just about anyone can achieve. It can help to plan your day out and set aside time for yourself where you're doing something you love. Consider reading a book, taking a nap, meditating, listening to music, or creating art.