



HEALTHY LIFESTYLE

## FUN, HAPPY, HEALTHY NEW YEAR'S RESOLUTIONS

According to research by the University of Scranton, 92% of people who set New Year's goals never achieve them. Tired of making the same old resolutions you can't stick to? Then try these goals for a fun, happier and healthier you.

### Fun

Whether it's skipping, riding a bike, skateboarding or being chased around all day, children relish in the fun of movement.

Try it by engaging in these fun activities, which not only help you beat a sedentary lifestyle but give you a good workout too: Zumba, ice skating, hiking, Salsa dancing, roller skating, hula hoops, jumping rope, or adventure boot camp.

### Happy

According to science, these seven things can help make you happier:

*Sleep.* Aim for at least eight hours a night.  
*A hobby or a purpose.* Write a book, learn to play the piano or get involved in your community.

*Move your body.* Exercise can boost mood and increase energy levels.

*Helping others* can increase happiness.

*Invest in experiences.* Fun memories can foster happiness (concerts, plays, festivals, markets or travel).

*Get together.* Surround yourself with people who make you happy.

*Practise gratitude* daily.

### Health

Eat these healthy foods to help boost mood and, in turn, increase your happiness:

*Stay hydrated:* Water, smoothies and green tea.

*Fresh foods:* Avocado, beans, broccoli, carrots, chickpeas, ginger, mushrooms, peppermint, squash and Swiss chard.

*Two fruit a day:* Apples, bananas, blueberries, goji berries, oranges, pears, and strawberries.

*Snacks and seasoning:* Cashews, dark chocolate, sunflower seeds, sesame seeds, turmeric, and walnuts.

*Protein packed:* Chicken, eggs, fish, chia seeds, nuts.

*Low GI, grains, and grasses:* Brown rice, millet, oats, quinoa, rye, and wholewheat.

Remember, you get out what you put in, so make more room for happiness, fun, and better health.