



HEALTHY LIFESTYLE

FUN, HAPPY AND 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.