



LARIMER  
COUNTY

JANUARY 2023

# HEALTHUPDATE

Small Steps for Sustainable Change

## TIPS FOR TOTAL WELLBEING

**Choose your 2023 goals with total health in mind.**

Set impactful goals that support your total wellbeing year round.



### SIT LESS AND MOVE MORE

Select a health goal that encourages you to move for at least 30 minutes each day. Set a daily step goal of at least 3,000 steps, complete a short workout video or online yoga class, or challenge yourself by adding an extra lap to your daily walk. Exercising for just 30 minutes a day can help control your weight, manage your blood pressure, and keep your joints and muscles limber.



### SET A TIME TO POWER DOWN

Give your mental health a boost by setting a specific time during the day to power down your devices. Choose a time to silence or put away your smart devices. Try after dinner or an hour before bed and stick to the same time every day. Then replace "scrolling time" with a relaxing hobby such as reading, self-guided meditation, or journaling. Mindful relaxation can improve sleep, reduce stress, and decrease anxiety.



### PLAN TO PAY DOWN DEBT

Improve your financial situation by tackling your high-interest debt first. Experts recommend taking advantage of refinancing opportunities for your mortgage or outstanding loans to lower your interest rates. Or, choose a no-interest balance transfer for high-interest credit cards to help pay down debt more quickly. Add money you save in interest to your retirement or personal savings to give your financial health a boost.