

For Immediate Release

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Healthy Lifestyles in the New Year

With the new year come new resolutions! Southwest Nebraska Public Health Department (SWNPHD) invites everyone to join in committing to a healthier lifestyle in 2024. Maintaining a healthy lifestyle can improve your quality of life and help prevent life-threatening or chronic conditions such as stroke, heart disease, diabetes, and others.

What is a healthy lifestyle?

Several elements contribute to living a healthy lifestyle including physical activity, nutrition, and mental health. A healthy lifestyle looks different for everyone depending on age, gender, health conditions, and a number of other factors. The following guidelines for exercise and diet are recommended to the general public. To receive health recommendations for your own personal lifestyle, talk to your doctor or medical provider.

General Physical Activity Recommendations

- 150 minutes of aerobic activity a week (*activity that increases your heart rate, such as walking or running*)
- Muscle-strengthening activity at least 2 days a week (*activity that strengthens muscles such as lifting weights or doing squats/push-ups/etc.*)
- For more information visit [cdc.gov/physicalactivity](https://www.cdc.gov/physicalactivity)

General Nutrition Recommendations

- Make half your plate fruits and vegetables
- Make half your grains whole grains
- Vary your protein routine
- Try switching to low-fat or fat-free dairy options (or dairy alternatives)
- For more information visit [myplate.gov](https://www.myplate.gov)

General Mental Health Recommendations

- Make sleep a priority by sticking to a schedule and making sure you're getting enough sleep.
- Try a relaxing activity like meditation, muscle relaxation, or breathing exercises.
- Practice gratitude and remind yourself daily of things you are grateful for.
- Focus on positivity. Identify and challenge your negative and unhelpful thoughts.
- Stay connected. Nurture healthy relationships and be open to new social experiences.

For more information on setting healthy lifestyle goals, contact SWNPHD at 308-345-4223. Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties. You can follow us on Facebook, You Tube, TikTok and Instagram or view the

website at www.swhealth.ne.gov which contains many resources and additional information helpful to prevent disease, promote and protect health. Call (308) 345-4223; one number three locations, McCook, Imperial, and Ogallala.

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