

# Positive Pulse

Your monthly dose of advice on healthy living

## January 2019

# New Year, New You!



With the renewal of our grant from the [Horizon Foundation for New Jersey](#), [The New Jersey Self-Advocacy Project](#)'s fifth year of the [Healthy Lifestyles Project](#) has begun! And with that, you'll be receiving a new issue of Positive Pulse in your inbox each month with tips on living a healthier life. To begin, we'll cover some of the best New Year's Resolutions you can make to start your year off right.

- Resolutions based on the body, including diet and sleep, will help you stay strong physically.

- Resolutions based on the mind, including socializing and stress relief, will help you stay strong mentally.
  - According to a Marist Poll National Survey, 44% of Americans [say they will take on a resolution](#) this year, many with health conscious goals in mind, but According to U.S. News & World Report, [the failure rate for New Year's resolutions is said to be about 80 percent](#), so it's important to figure out how to keep your resolutions going strong for the whole year!
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# Resolutions for a Healthy Body

## Eat During the Day (Not at Night)

- With the way your body's circadian rhythm (day/night cycle) works, your metabolism is highest around 10am and lowest in the middle of the night.
- Eating late at night causes more fat to be stored in the body.
- Avoiding late night meals is an easy way to aid weight loss without changing your diet.

## Stay Mobile

- Try to spend more time on your feet, rather than sitting down all day.
- Find a form of exercise you enjoy: yoga, dance, walking, running, lifting weights, etc. Find something you will do willingly so you will do it consistently.
- Any kind of physical activity will help you burn calories and keep you from mindlessly munching on unhealthy snacks.
- Instead of focusing on totally cutting out sedentary habits like watching TV, try to start out by at least matching your time sitting with your time exercising. A 50/50 split is better than exercising rarely or not at all.

## Get Regular Check-Ups

- The new year can be used as an annual reminder to check in with your primary care doctor.
- See your primary care doctor at least once a year for preventative checks – like blood pressure and cholesterol – as well as vaccinations – like your flu shot.
- Being familiar with your doctor will help you feel comfortable bringing up any health issues in the future and will help catch any warning signs of something serious.

## Hydrate

- Hydrating regularly ups your energy levels and keeps you healthy.
- Try replacing sugary drinks like soda with water instead. This can help with

weight loss and benefits overall health.

- Drinking water is one of the easier, healthier adjustments you can make to your daily routine. You can start right now!

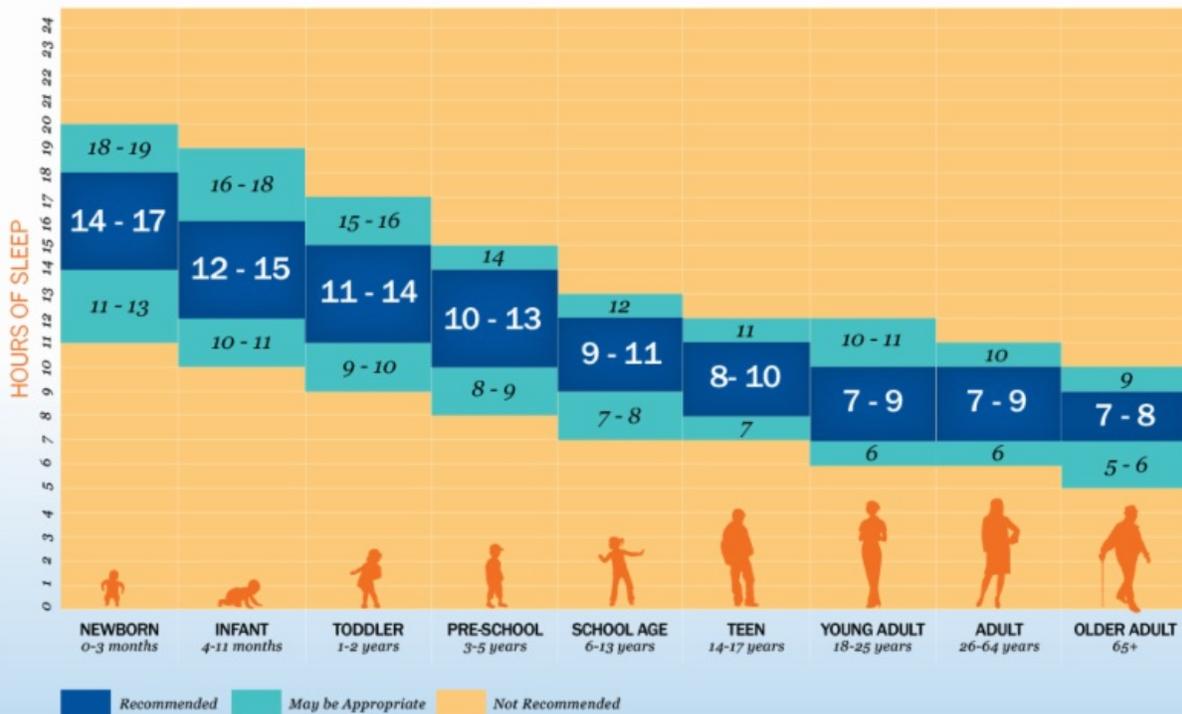
## Get more and BETTER sleep

- Your immune system is weak when you lack sleep and it gets harder to fight off colds and illnesses.
- Disrupted sleep increases the risk of heart disease. Poor quality sleep can also impair your ability to metabolize sugar and increase your appetite, which can make you gain weight.
- Blue light from phones and computers trick the body into thinking it is daytime, making it harder to fall and stay asleep. Turn off your phone/tv/computer an hour before bed.
- Insufficient sleep during weight loss can cause loss of muscle mass as opposed to fat, so make sure you sleep well while dieting.
- See the chart below to get an idea of how many hours of sleep you should be getting each night.

SOURCE: <https://www.pbs.org/newshour/health/forget-the-crash-diet-these-6-new-years-resolutions-are-better-for-your-health>



## SLEEP DURATION RECOMMENDATIONS



SLEEPFOUNDATION.ORG | SLEEP.ORG

Hirshkowitz M, The National Sleep Foundation's sleep time duration recommendations: methodology and results summary, Sleep Health (2015), <http://dx.doi.org/10.1016/j.sleh.2014.12.010>

SOURCE: <https://www.sleepfoundation.org/>



# Resolutions for a Healthy Mind

## Friendships (in real life)

- Make sure to build and retain your face-to-face friendships, not just the ones online and on social media.
- A 30-year [study of British Civil Service workers](#) found individuals who don't see friends in person regularly are 1.5 times more likely to have poor health than those who visit with six or more friends per month.
- Set a goal of visiting with at least two close friends or relatives each week, especially those you feel comfortable around.
- Isolation leads to depression, anxiety and loneliness, but you can avoid those feelings by socializing regularly.

## Reduce Stress

- Stress can instigate a lot of unhealthy behaviors and overall unhappiness.
- Try to stay prepared and on top of your schedule to avoid stress: keep a planner with important dates, prepare meals ahead of time, or plan out your transportation for wherever you need to go in advance.
- Keep your personal space happy and homey. In your room or in your personal space at work, keep pictures of loved ones or things you enjoy to keep a smile on your face.

## Meditate

- Spending time at the beginning and end of each day clearing your mind helps reduce stress, controls anxiety, enhances self awareness, improves sleep and decreases blood pressure.
- Spend 10-20 minutes every morning and evening focusing on one thing, such as your breath, to begin and end your day.
- Proper breathing techniques rely on the diaphragm rather than chest; allow your belly button to move out as you breathe in and towards the spine as you breathe out.
- For added physical benefits, inhale through your nose to capture more oxygen to distribute through your body.

SOURCE: <https://www.forbes.com/sites/francesbridges/2018/12/30/best-resolutions-for-your-health-in-2019/#4f9ef9ad1224>

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# How to Keep Your

# Resolutions



## It's Okay To Make Mistakes

- Maybe you had an unexpectedly busy schedule, maybe you forgot, or maybe the allure of that sweet snack was just too much for you. It's okay.
- If you mess up once, it doesn't mean you failed forever. Try to be better in the future.
- Don't use one misstep as an excuse to give up completely, you can do it!

## Don't Be Unreasonable

- Don't pick a resolution that will be impossible for you to succeed in.
- Reach high, but be realistic. If you want to be more in shape, start by exercising regularly instead of jumping into a marathon.
- Don't be guilted into a resolution by someone else. If you don't have passion for your resolution, it will be much harder to succeed.

## Don't Call it a "Resolution"

- "Resolute" means "Firm, unyielding, determined."
- This can be a scary word that makes success sound very hard to reach if you are not extremely strong-willed.
- Try thinking of your resolutions as "improvements" or "new approaches" to keep yourself feeling positive.

## Try a Gentler Approach

- Let go of the resolution mentality.
- Focus on a word or goal, like "health", instead of a very specific choice (such as a set-in-stone weight loss goal).
- Try to make many little changes in your life that lead to that goal: drink more water, get fresh air, avoid junk food.
- Inspire yourself toward good health, don't be overly harsh or demanding on yourself.

SOURCE: <https://www.inc.com/marla-tabaka/why-set-yourself-up-for-failure-ditch-new-years-resolution-do-this-instead.html>

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# Let's Have a Healthy New Year!



Looking to learn more about healthy living?  
We can hold a Healthy Lifestyles Workshop at your  
location!



Don't see what you're looking for? We'll make it for you!  
E-mail [NJSAP@ArcNJ.org](mailto:NJSAP@ArcNJ.org) or call 732-749-8514 to schedule a  
training at your location!

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*The Horizon Foundation for New Jersey*

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The Healthy Lifestyles Project (HLP) is a program of The Arc of New Jersey and receives funding through a grant awarded by The Horizon Foundation for New Jersey.

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For more information on HLP and NJSAP  
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## New Jersey Self-Advocacy Project

A program of The Arc of New Jersey since 1983

Promoting Advocacy and Independence for People  
with Intellectual and Developmental Disabilities