

# Living Well

## Steps to LivingWell

*January 2022*

Happy New Year, 2022 has officially arrived! Life is full of traditions, many handed down through the years, and some newly created between families and friends. Either way, traditions are part of the colourful fabric that intertwine our lives and hold us together, transcending time and distance. This year, try something different. When making your list of resolutions, think of ways to involve family members and friends as support. Whether you live near or far, deciding to join forces and make New Year's resolutions together increases the odds that you stay true to your goals. Providing accountability for each other presents not only valuable reinforcement, but also offers the opportunity of staying in touch on a regular basis throughout the year. By helping each other, you each gain a greater sense of purpose, which can be very meaningful in the life of a loved one.

The following is a list of resolutions which you may want to ponder.

- Get your body moving by taking a walk everyday
- Call a friend or relative as often as you can
- Exercise your brain by taking an adult education class
- Do one kind thing for someone else everyday
- Do one good thing for yourself everyday

If you want to make a New Year resolution, make one that ensures you live this year better than the last, and live life to the fullest extent possible.

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