



Start 2025 Strong: Healthy Habits That Stick

DID YOU KNOW...

Over half of Americans make health-related New Year's resolutions each year. The top three? Exercise more, eat healthier, and build better habits. Yet, most of these resolutions fizzle out before February. Why does this happen—and how can you ensure your resolutions stick?

Let's make 2025 the year of lasting change with these simple strategies:

- **Enjoy the journey.** Resolutions that offer an immediate reward—like dancing, exploring new recipes, or gardening—are more likely to succeed than those with only delayed rewards, like restrictive diets. Find joy in the habits you want to build!
- **Set up your environment for success.** If your goal is to drink more water, keep a full bottle within reach at all times. If you want to hit the gym in the morning, prep the night before—set your alarm, lay out your workout clothes, and pack your bag.
- **Go SMART.** Goals that are Specific, Measurable, Achievable, Relevant, and Timely are far more likely to become reality than vague aspirations.

5 Healthy New Year's Resolution Ideas for 2025

1. **Move more, sit less.** Long periods of sitting are linked to issues like high blood pressure and weight gain. Build movement into your day with standing breaks or by trying a flexible standing desk.
2. **Schedule your health habits.** Treat workouts and meal prep like important appointments. Putting them on your calendar increases commitment and helps you stay consistent.
3. **Try one new recipe each month.** Keep things fresh in the kitchen! Experiment with a healthy dish you've never tried before and share it with friends or family.
4. **Add greens daily.** From smoothies to stir-fries, adding a handful of greens to meals boosts nutrition effortlessly. Think salads, soups, casseroles, and sandwiches.
5. **Practice the 3-bite rule.** The first few bites of an indulgent food are often the most enjoyable. Instead of overindulging, focus on truly savoring the first three bites. Relish the flavors, textures, and experience, then move on feeling satisfied without overdoing it.

Festive Brown Rice Pilaf with Citrus Arugula Salad



This week's recipe is a festive, nutritious meal that's packed with fiber, antioxidants, and vibrant flavors. Perfect for starting your year on a healthy note! Brown rice is affordable, versatile, and pairs beautifully with colorful fruits and greens. This meal comes together with minimal effort—while the rice cooks, you can prep the salad and relax. Swap ingredients to fit your pantry or preferences!

For the Rice Pilaf:

- 1 tbsp olive oil
- $\frac{3}{4}$ cup chopped onion
- $\frac{1}{2}$ cup chopped green bell pepper
- $1\frac{1}{2}$ cups dry brown rice
- $\frac{1}{2}$ cup dried cranberries (packed)
- 3 cups vegetable broth
- $\frac{1}{3}$ cup sliced or slivered almonds
- Salt & pepper

Heat olive oil in a large pot over medium heat. Sauté onion and green bell pepper until softened.

Stir in brown rice and cook for 2–3 minutes, then mix in cranberries. Add vegetable broth, bring to a boil, then reduce heat to low, cover, and simmer for 45–50 minutes until liquid is absorbed.

Stir in almonds and season with salt and pepper.

For the Citrus Arugula Salad:

- $\frac{1}{3}$ cup lemon juice
- $\frac{1}{4}$ cup olive oil
- $\frac{1}{4}$ – $\frac{1}{2}$ cup water
- 2 navel oranges or 6 mandarins, peeled and sectioned
- 4–5 oz arugula greens
- Salt & pepper

Whisk together lemon juice, olive oil, and water. Adjust water to taste. Toss arugula with orange segments and dressing, then season with salt and pepper.

Here's to a happy, healthy 2025 filled with delicious food and sustainable habits!