

WORKING ON WELLNESS

Monthly wellness from the SD Department of Health
Office of Chronic Disease Prevention and Health Promotion

SUSTAINABLE NEW YEAR'S RESOLUTIONS: MAKE YOUR HEALTH A PRIORITY

The time for resolving to do new things is here again, and it doesn't matter how many times you say you won't set a resolution this year – it will happen. Don't overwhelm yourself by trying to do every item on the list. [20 Best New Year's Resolutions](#) can help you learn which ones are for you. Here are a few to get you started:

1. Set one goal per month.
2. Add a "why" to your resolution.
3. Choose a workout that suits your schedule.
4. Create a workout calendar.
5. Commit to taking the stairs.
6. Tuck away the treats.
7. Load up on low-carb veggies.
8. Track and time your water intake.
9. Schedule standing time.
10. Close the kitchen by 8 p.m.

Thoughts to Cutting Calories in 2020?!

Once you start looking, you can find healthy ways to cut calories for your meals, snacks, and even beverages. CDC has several great ways to guide you.

[Eat More, Weigh Less?](#)

[Rethink Your Drink](#)

[How to Avoid Portion Size Pitfalls to Help Manage Your Weight](#) [How to Use Fruits and Vegetables to Help Manage Your Weight](#)

JANUARY

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UNDO THE RISK

Diabetes is damaging to the whole body as well as the pocket book. Help your organization and your employees by *undoing* their risk, recognizing prediabetes and taking action! The National Diabetes Prevention Program is an evidence-based program developed and supported by the CDC to provide year-long support to people with prediabetes by increasing physical activity and improving nutrition, thus reducing their risk of diabetes by 58%!

Objectives:

- What is **Prediabetes**.
- Why offer the **National Diabetes Prevention Program**.
- How to **Undo the Risk** with SD Resources.

WORKWELL WEBINAR

When: Jan 14, 2020 12:30 PM CST

Join The Meeting:

<https://zoom.us/j/203066379>

Phone Dial In

1-646-876-9923 Meeting ID: 203 066 379