

## Topic: Improving your health in 2023

Have you resolved to improve your health in 2023?

- Focus on **positive** self-talk, celebrate small wins, and be accountable. Remove negative triggers such as junk food.
- Do something small like one push up or squat while waiting for your coffee to brew. If possible make your goal specific such as **exercising 20 minutes a day** rather than something general like trying to exercise more.
- If you would like to work on healthier eating, please see the following article for some great easy substitutions to get you jump started!



Here's to a happy and healthy 2023 from Carle Health!

Article Link:

<https://carle.sharepoint.com/sites/ClickNewsCenter/SitePages/Starting-the-New-Year-with-good-nutrition-011722.aspx>

Faith Community Health at Carle connects you and your faith community to needed healthcare and wellness support, taking a whole-person approach to health.

To learn more about bringing healthcare and wellness resources to your faith community, call (217) 902-3160 or email [FaithCommunityHealth@carle.com](mailto:FaithCommunityHealth@carle.com).



Carle Faith Community  
Nursing Network