

You FIRST

Your Month of Well-being

JANUARY 2025

A Fresh Start: Healthy Habits for the New Year

Welcome to 2025! January is a time for fresh starts, new intentions and focusing on the year ahead. Whether it's improving your fitness, eating well or creating a better work-life balance, small changes can lead to big results. This month, we'll explore practical tips and strategies to help you create and stick to habits that support your well-being. Let's make 2025 your healthiest year yet.

Building Healthy Routines

Consistency is the secret to forming habits that stick.

Start with small, actionable steps:

- **Morning boost:** Begin your day with a glass of water and 5 minutes of stretching.
- **Move more:** Add a short walk or desk stretch to your daily routine.
- **Wind down:** Set a bedtime ritual like reading or journaling to relax your mind.
- **Healthy eating:** Incorporate one extra serving of fruits or vegetables into your meals each day.

Scan the QR code to download a fillable **Food and Beverage Diary** from the CDC.



Sources: <https://www.calm.com/blog/daily-routine>
https://www.cdc.gov/healthyweight/pdf/food_diary_cdc.pdf

Setting SMART Goals

Making a commitment to healthier habits is easier when you set goals you can achieve.

Focus on these five elements.

- **Specific:** Clearly define what you want to achieve. *Ex, I want to drink more water*
- **Measurable:** Make sure your goal can be tracked. *Ex: I'll aim for eight 8-ounce glasses a day, tracking each.*
- **Achievable:** Set goals that challenge you but be realistic. Start small.
- **Relevant:** Align your goals with what matters to you. *Ex: Water helps with my digestion.*
- **Time-bound:** Set a deadline or timeframe for your goals. *Ex: I'll achieve my goals in 3 months.*

Ask these questions to yourself:

- S:** What do you **want** to accomplish?
- M:** How do you plan to **track** your progress?
- A:** Is this goal **realistic and achievable**?
- R:** How **relevant** is this goal to you?
- T:** How **long** will it take to achieve this goal?

Overcoming Challenges to Stick to Healthy Habits

Sticking to new habits isn't always easy, but identifying challenges and preparing solutions can help you stay on track for 2025. Here are some possible solutions for common challenges:

- **Challenge: Lack of Time**
 - **Solution:** Break habits into smaller steps that fit your schedule, like a 10-minute walk during lunch or meal-prepping on Sundays.
- **Challenge: Losing Motivation**
 - **Solution:** Remind yourself of your “why” and celebrate small wins to keep the momentum going. Pair habits with enjoyable activities (e.g., music while running).
- **Challenge: Slip-ups**
 - **Solution:** Don't let one missed day derail your progress. Instead, treat it as a reset and start fresh the next day. Progress isn't about perfection!
- **Challenge: Feeling Overwhelmed**
 - **Solution:** Focus on one habit at a time. Once it feels automatic, move on to the next habit to avoid burnout.
- **Challenge: Lack of energy**
 - **Solution:** Schedule habits during the time of day when you feel most energized (e.g., morning or early evening). Partner with a buddy to help you maintain your energy.

Activity Idea

“Obstacles Map” – Create a visual “map” of challenges and solutions. Start by writing down common obstacles you face when building habits. Then, draw arrows connecting each challenge to a creative solution. Hang your map somewhere visible as a reminder to stay proactive and adaptable.

Wellness Wednesday Webinars!

Join the CareFirst BlueCross BlueShield (CareFirst) Wellness and Disease Management team once a month on Wednesdays to learn more about that month's health observance and how you can prioritize your health and wellbeing!

January 8, 2025: Start Strong, Stay Healthy

Start the new year off right by focusing on simple, sustainable habits that support your health. Join us to learn strategies for building routines that promote well-being in all areas of your life. Let's make this your healthiest year yet! Click [here](#) to register!

Join Blue365 and Start Saving Today!

Blue365 is a wellness discount program provided to insured CareFirst members (includes those with medical, dental, vision and disability coverage). This program delivers great discounts from top national and local retailers on fitness gear, gym memberships, healthy eating options, family activities and much more!

To take advantage of Blue365, register now at carefirst.com/wellnessdiscounts. In just a couple of minutes, you will be ready to shop!

CareFirst BlueCross BlueShield Member Resources

- **Inspirations and Unwinding:** Find help to reduce daily worry and stress. Both programs include videos and audio for relaxation, mindfulness and better sleep behaviors.
- **One-on-One Health Coaching:** As part of your CareFirst WellBeingSM program, you can participate in personal health coaching—at no cost to you. Your health coach will work with you and provide the support, guidance and encouragement you need to see real results!
- **Noom:** Designed to help you achieve and maintain a healthy weight. It can also help lower the risk for chronic conditions like diabetes. There is no cost, and your privacy is assured!
- **Eat Right Now:** An innovative program that combines neuroscience and mindfulness to help you and your relationship with eating and make meaningful, lasting lifestyle changes. **New Mindful Eating Track available 1/1/25!*

To access these member resources, log in to or sign up for CareFirst WellBeing. Once logged in, select **Your Wellness Resources**. Next, click **Relax & Reset or Health & Fitness**, then the program of interest.

You need to meet clinical eligibility criteria through an online assessment for Noom and Eat Right Now.