



Words of Wellness  
January 2021

# Get Back On Track

**Start fresh with renewed, healthy habits**

Recent events have left many of us feeling less than our best. The stress of it all may have led to unhealthy habits such as inactivity or poor food choices. If unchanged, these behaviors could increase your risk for serious health conditions such as diabetes and obesity- BUT it's never too late to make a fresh start!

Don't know where to begin? First ask yourself why a certain goal is valuable to YOU. If you can identify your WHY, you are more likely to stay on track with your goals rather than doing something because you think you *should*.

Need help creating your plan? The Granite Wellness Center is here to help you make your vision come to life and strive for a healthier you!

## Ideas for Getting on Track

- **Eat Well.** Eat nourishing foods- such as fresh fruits, vegetables and whole grains, as well as drinking plenty of water. This will put you on track for feeling your best!
- **Sleep Well.** Aim for 7-8 hours of restful sleep per night. Eliminate noise, power down devices and avoid consuming large meals or caffeine before to rest easier.
- **Move.** Start small. Aim to move more and sit less. Try working your way up to 30 minutes of physical activity each day.
- **Stay Substance Free.** Seek support to quit all tobacco products and limit your alcohol intake to live healthier and avoid substance abuse related health issues.
- **Self-care.** Take time for you to de-stress. Get outside, exercise, and surround yourself with a healthy community.

*“Sometimes the smallest step in the right direction ends up being the biggest step of your life. Tip toe if you must, but take the step.”*

-unknown

The Granite Wellness Center  
4163 South 3200 West  
West Valley City, UT 84119  
801-964-9355

## Upcoming Virtual Events!

**Emotional Wellbeing**  
Ongoing Group Sessions  
Tuesdays 2/16/21-3/16/21  
5PM-6PM  
RSVP:

[Kimberlie.rew@premisehealth.com](mailto:Kimberlie.rew@premisehealth.com)

**Diabetes Prevention Program**  
12 Week Ongoing Group Sessions  
Wednesdays 4:30 PM  
Starting 2/17/21

For more information to RSVP:  
[Lisa.sehy@premisehealth.com](mailto:Lisa.sehy@premisehealth.com)

\*see attached flyer for details.