

# Happy New Year!

As we enter this new year, FORWARD would like to remind everyone that **small steps can lead to big change!** Whether you're starting 2013 with a new resolution, such as becoming more active or improving your diet by reducing sugar sweetened beverages, or simply a commitment to maintain your current healthy lifestyle, here are some quick tips to help keep you healthy and happy during 2013!

## Tips for Physical Activity

- Try working out at the same time every day.
- Grab a buddy and make a 2013 resolution to be more physically active each day.
- Visit the Physical Activity section on FORWARD's website for a community resource list of exercise and fitness classes; sports and recreation leagues; and camps, parks, and trails to explore!

## Tips for Better Nutrition

- During the winter months, many vegetables may be out of season so try reduced-sodium canned vegetables which are just as beneficial and tasty. It will save you money too!
- Visit ChopChop Magazine's website ([www.chopchopmag.org](http://www.chopchopmag.org)) for kid-friendly, mother-approved healthy meal and snack recipes.
- When baking muffins and quick breads, replace 1/2 cup butter, lard, shortening, or oil with 3 very well-mashed bananas.

## Tips for Better Sleep

- Avoid eating foods that might cause indigestion. The most common heartburn triggers are alcohol; black pepper, garlic, raw onions, and other spicy foods; chocolate; citrus fruits and products, such as oranges and orange juice; coffee and caffeinated drinks, including tea and soda; peppermint; and tomatoes.
- Stay Hydrated! Drink at least the recommended 4 cups of water a day.
- Choose foods that provide their own sedative effect, like lettuce and complex carbs.

## Tips for Stress Reduction

- Increase your physical activity.
- Try breathing for stress relief.
- Pre-plan meals and physical activity to minimize daily stressors.

For more information or to get more involved with FORWARD in 2013, like us on [Facebook](#) or go to [www.forwarddupage.org](http://www.forwarddupage.org). From the FORWARD staff and our Advisory Board, may you have a healthy and happy new year!

[forward@dupagehealth.org](mailto:forward@dupagehealth.org)

(630) 221-7037 [www.forwarddupage.org](http://www.forwarddupage.org)