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MCHD HEALTH BLOG

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MORGAN COUNTY HEALTH DEPT.



WINTER ACTIVITY CHALLENGE

Happy New Year, Morgan County! New Year's is the motivation that many people need to start new healthy habits or quit unhealthy ones. Maybe it is a pledge to eat healthier, be physically active or stop vaping. No matter what your resolution is, it often feels easier to quit it rather than keep up with it after several weeks. With the right mindset and plan of action, this can be the year that you stick to your resolutions! Here are some tips from the National Institute of Health about how to have successful New Year's resolutions.

1. Set realistic, concrete goals. Choosing an unrealistic, unsustainable goal can lead to frustration and may cause you to quit your resolution. Make sure your goal is specific with a solid action plan. For instance, a resolution to "read more books" is admirable, but not specific. However, committing to read fifty books in a year may be unrealistic if you do not already read books. Instead, set a goal to read one book per month or whatever pace you think is most realistic.
2. Prepare yourself for the challenges you may face. Think about the "why" of your resolution now so that when temptation strikes you are reminded of why you should stick to your goal. In other words, remind yourself of how your goal enhances your life!
3. Set up a supportive environment. If you want to quit smoking, throw out your ash trays and cigarettes or vapes. If you want to eat more fruits and vegetables, keep them front and center in the fridge or pantry so they're easy to see and reach. Also, tell friends and family about your goals and ask for help. They may even have similar goals to you!
4. Monitor yourself. Research shows that people who frequently monitor their progress, such as with a journal or phone app, are more likely to succeed. It also helps you quickly see if you're slipping away from your goal.

Want to get your recommended weekly amount of weekly physical activity in 2024? Join the Morgan County Winter Activity Challenge! When you register for the Challenge, you will receive a packet of information that gives weekly physical activity recommendations based on your age and stage of life. There is a log you can find in the packet or online that you can print to keep track of your weekly exercises. Any kind of physical activity counts! Participants receive giveaways for signing up and a chance to enter raffles halfway through the Challenge. Those who complete the Challenge get a FREE t-shirt!

The Winter Activity Challenge is self-guided and runs for 6 weeks from January 22 - March 4. You can register at the McConnelville and Chesterhill libraries or Job and Family Services (155 E. Main St, Room 009) from 1/16-1/22. Your registration packet will also include a schedule of fun activities going on around the county to help you get out and move your body! Questions about the Challenge? Call MCHD at (749) 962-4572.