

**Epi Update for Friday, January 1, 2016**  
**Center for Acute Disease Epidemiology (CADE)**  
**Iowa Department of Public Health (IDPH)**

**Five simple resolutions we can all keep**

The end of one year and beginning of another is the traditional season of resolutions and often these focus on better health (lose weight, quit smoking, exercise more, etc.). Unfortunately, these goals are often set too high, are too vague, or expect too much too soon.

Here are five simple resolutions that can be shared with your patients, clients and staff (as well as family and friends) for a healthier 2016:

**Five Simple Resolutions for 2016**

1. **Drink one glass of water before each meal** – *research shows this easy action increases hydration and decreases hunger.*
2. **Stand up at least once every hour** – *sitting for long periods may be as damaging to your health as smoking.*
3. **Eat one fruit or vegetable with each meal** - *you'll add fiber and anti-oxidants to every meal.*
4. **Walk for 15 minutes or more every day** – *an easy way to add exercise to your daily routine.*
5. **Stand on one foot while brushing teeth** – *it's harder than it sounds! You'll improve balance and strengthen core muscles.*

For more tips on healthy eating, exercises, and wellness, connect socially with IDPH on Facebook at [www.facebook.com/IowaDepartmentOfPublicHealth](http://www.facebook.com/IowaDepartmentOfPublicHealth); on Twitter at [www.twitter.com/IAPublicHealth](http://www.twitter.com/IAPublicHealth); and on Pinterest at [www.pinterest.com/iapublichealth](http://www.pinterest.com/iapublichealth).

**Have a healthy and happy ~~week~~ New Year!**

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