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Public Health District

NEWS RELEASE

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For immediate release

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A healthier you in 2022

A healthier you in 2022, that has quite a ring to it! The new year offers a fresh start. For some, this means setting health goals such as losing weight, following a healthier diet, starting an exercise routine, quitting smoking or chewing, or focusing on their mental health.

Many times, the health and wellness resolutions chosen are unsustainable and lead individuals to breaking them within just a few, short weeks. This year, commit to breaking the cycle and making resolutions that can improve your health and for the long-term.

- Eat more whole foods
- Sit less and move more
- Cut back on sweetened beverages
- Get more quality sleep
- Find a physical activity you enjoy
- Cook at home
- Take more “me time” and practice self-care
- Limit screen time
- Meditate
- Take a family vacation

“The Panhandle Worksite Wellness Council offers many health and well-being programs to assist individuals as they begin the new year. Our goal is to offer options that fit their needs and busy lifestyles. We offer flexible programs like health coaching, Healthy for Life sessions, and classes to manage chronic conditions like high blood pressure, diabetes, and even migraines. Quitting tobacco resources are also available, please reach out to discuss what’s available for support,” said Nicole Berosek, MS, Organizational Wellness Coordinator.

Join us for our quarterly connection on January 13th at 2 pm MT to learn more about building a wellness committee and setting goals for 2022. Participate virtually or in-

person at Platte Valley Companies Community Center (1106 Platte Valley Drive, Scottsbluff, NE 69361) by registering: <https://tinyurl.com/2p8ech5f>

View the New Year's Resolutions video here: <https://tinyurl.com/36tv3cwr>

For additional information about worksite wellness, visit www.pphd.org/pwwc.html or call Nicole Berosek at 308-279-3496. Panhandle Worksite Wellness Council is proudly part of Panhandle Public Health District. The Council specializes in supporting employers in the Panhandle region. We recognize that many employers support a diverse and remote workforce and offer innovative ways to overcome the challenge of working with a virtual team. We understand that many of our employers do not have full-time wellness resources and work to provide resources and training to make running a worksite wellness program as easy as possible.

Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle community.

Source: [23 Healthy New Year's Resolutions You Can Actually Keep \(healthline.com\)](#)