

# MONOGRAM

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JANUARY 2023



## 2023 New Year's Resolutions

As we turn the calendar on another year, Mono County Public Health encourages residents and visitors to consider focusing on mental and physical health when making 2023 New Year's Resolutions!

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## 5 Resolutions for a Healthy 2023

### 1. Increase Activity

#### Physical

- Get active! Physical activity can be safe and healthy for all adults, even those with chronic conditions. Activities for older adults could include tai chi, water aerobics, walking, and stretching.

#### Mental

- Give your brain a workout. The more you use your brain, the better it will work. Read and do crossword puzzles.
- Explore meditation and breathwork exercises.

### 2. Improve Diet

- Eat at least 5 servings of fruits and vegetables daily.
- Cook at home at least three times per week, and make extra for lunch the following day.
- Reduce alcohol and sugar-sweetened soda intake.
- Increase water intake.
- Monitor serving sizes, and practice portion control.

### 3. Schedule Medical Exams

- Schedule an annual wellness visit with your healthcare provider to discuss health screenings and any important changes in your health.
- Annual wellness visits can lead to early illness detection, providing for the most timely and appropriate medical response.
- Staying up-to-date on your screenings such as vision and hearing could reduce the chance of a fall.
- January is Cervical Cancer Awareness Month: Human Papillomavirus (HPV) vaccination can prevent many oral and anogenital cancers, including (but not limited to) cervical and penile cancer.

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## 5 Resolutions for a Healthy 2023

### 4. Tobacco and Alcohol Consumption

Create a plan to stop smoking, vaping, and/or chewing

- Set a quit date, and get support from your family and friends.
- Ask your healthcare provider or pharmacist about medications that can help reduce cravings.
- Remember that it is NEVER TOO LATE to quit!

Reduce alcohol consumption

- Make a plan – before you start drinking, set a limit on how much you’re going to drink.
- Set a budget – only take a fixed amount of money to spend on alcohol.
- Have a lower-strength drink.
- Take it a day at a time.

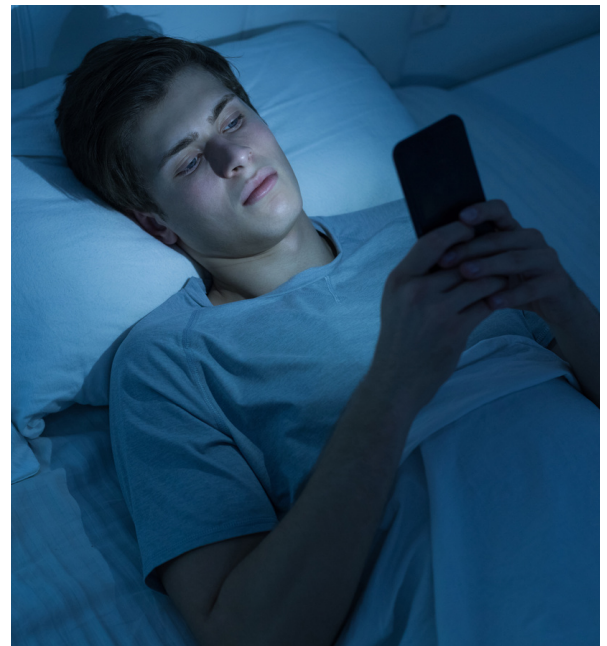
### 5. Sleep and Screens

Sleep

- Get at least 7-8 hours of sleep per night.
- Avoid daytime naps, which can keep you up at night.

Screens

- Reduce overall screen time.
- Set screen time limits on devices.
- Take breaks from social media.



### Resources

For free, confidential support on your quit journey, contact Kick it California:

- Call: (800) 300-8086
- Text: “Quit Smoking” or “Quit Vaping” to 66819
- Visit: [www.kickitca.org](http://www.kickitca.org)
- Download the No Vape or No Butts app on your smart device

**KICK / IT**  
California





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- Give your brain a workout. Read and do crossword puzzles.
- Explore meditation and breathwork exercises.

## 2. Improve Diet

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- Reduce alcohol and sugar-sweetened soda intake.
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- Schedule an annual wellness visit with your healthcare provider to discuss health screenings and any important changes in your health.

## 4. Sleep and Screens

- Set screen time limits on devices.
- Take breaks from social media.
- Get at least 7-8 hours of sleep per night.
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