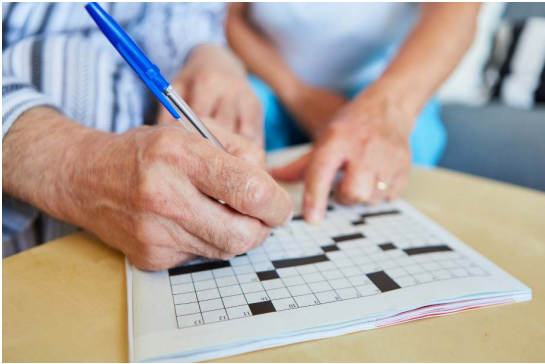


# Best New Year's Resolutions for Seniors



## The Caraday Way

Our vision, in everything we do, is to convey a shared value of compassion, a commitment to excellence, open communications, motivation to be the best, and a sense of personal integrity.

We are honored to care for our residents and share a passion to make their days enriching and fulfilling. It's **The Caraday Way!**

When considering a New Year's resolution, consider focusing on your passions and smaller, obtainable goals. Here is a list of a few New Year's Resolutions sure to make your new year the best one yet.

### **Revisit an old hobby**

Consider rekindling old favorite pastimes or hobbies you used to be so passionate about. Breaking out a fresh canvas and paint, cards, or needle and yarn is sure to remind you of your youth. This is also a great opportunity to pass along your special skill to your grandkids.

### **Challenge your brain on a daily basis**

Whether this is doing a Sudoku or Crossword puzzle with your morning coffee or watching the latest Jeopardy, giving your brain its daily workout is crucial. This can reduce your chance of experiencing memory loss and keep your cognitive skills sharp.

### **Exercise for at least 10 minutes a day**

Exercise brings natural endorphins into your body that can give you that extra boost to get through your day feeling great. Going on a walk, doing yoga, or just staying physically active in general is the key to healthy aging.

### **Practice at least one Gratitude a Day**

Reminding yourself what you are thankful for is sure to improve your mood. When you take time to notice and reflect on the things you are thankful for, you are more likely to experience more positive emotions, feel more alive, and even sleep better.

### **Cross an item off your Bucket List**

There is no time like the present. Whether it's taking a trip or signing up for a cooking class, make 2024 the year that you do it!

Whatever your New Year's resolutions may be, trust in yourself to do the best thing for you and your health.



For more information call 512-641-8805, email us at [contact@caradayhealth.com](mailto:contact@caradayhealth.com) or visit [caradayhealth.com](http://caradayhealth.com)