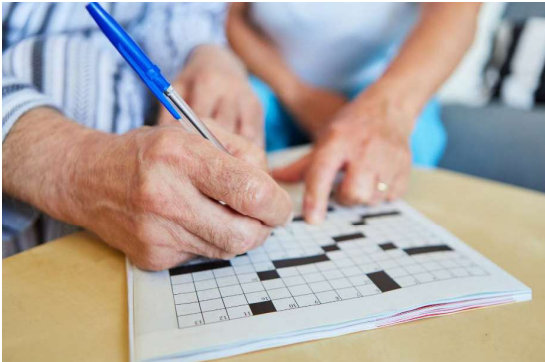


Best New Year's Resolutions for Seniors



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, focus on your passions and make 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 an old favorite pastime or hobby you used to be passionate about. Breaking out a fresh canvas and paint, a book you've been meaning to read, 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 children or 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 episode of 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 about what you are grateful for is sure to improve your mood. When you take time to reflect on the things you are thankful for, you are more likely to experience 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 this 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 or visit caradayhealth.com