

Best New Year's Resolutions for Seniors



A new year provides a fresh start and a blank canvas to fill with new goals and resolutions. No matter how large or how small, an upcoming new year is a great opportunity for evaluation and outlining new hopes and goals — it's the Caraday Way.

"Don't procrastinate. Time flies so quick. Don't live to regret."

Bernard Appoh
Park Bend Health Center
Austin, TX

While it's certainly easy to let a resolution fade away, it will become more challenging if you identify areas that you are truly passionate about changing or improving. 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

If one thing COVID has taught us is that there is no time like the present. Whether it's taking a trip or signing up for a cooking class, make 2023 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