



### It's okay to downsize your 2021 resolutions.

Research shows that 50% of adults in the U.S. make New Year's resolutions, but fewer than 10% actually keep them.

For many of us, 2020 has been an especially difficult year due to the amount of change and uncertainty caused by the COVID-19 pandemic. Even with the best of intentions, resolutions aren't easy to keep. So this year, think about how to set yourself up to feel good about your 2021 decision to live a healthier life. Here are a few attainable goals to consider:

- **Learn something new about getting and staying healthy.** It's hard to make a plan without understanding how the choices you make impact your health. For instance, did you know that up to 90% of peak bone mass is acquired by age 18 in girls and age 20 in boys? That makes ages 1 to 18 the best time invest in the bone health of your kids. Check out the ["Eat Healthy. Move More"](#) tracker below that makes it easy to plan and track what your kids eat. It works for adults, too!
- **Walk more.** 10,000 steps a day – or about five miles – seems to be the standard goal these days. However, walking just 2,000 steps (about one mile) each day is an excellent start. As your body acclimates to walking more, add another 2,000 steps, then another until you reach a goal that's right for you. It's easy to add another 1,000 steps to your day by parking a little farther out or taking the stairs. The little steps you take really do add up.
- **Add water, often.** You are what you eat, but the same is also true for what you drink. Studies show that the rise in obesity and diabetes in America is in part related to the increased consumption of sugar-sweetened beverages. Did you know that a glass of orange juice and a cola have almost the same amount of fructose (sugar)? Juice seems natural and healthy because it comes from fruit, but in reality juice and cola are nutritionally similar. Opt for more water or unsweetened tea when you have a choice.
- **Spend less time on social media.** Don't know (or don't want to know) how much time you spend online every day? Go to *Settings* on your phone and click on *Screen Time* to find your daily average. It may surprise you to see how much time you spend staring at your phone, tweeting or on Facebook. Staying connected with friends and family is good, but too much time online can impact everything from your sleep to your emotional health. Make a resolution to keep your screen time equal or less than the amount of time you walk.

Make this the year where downsizing, rather than upsizing, your resolutions makes a difference.



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