

6 Simple Swaps for a Healthier Year

A new year is a great time to start fresh. Here are six ways to flip the script on unhealthy habits so you can eat better, get more rest, stress less, and more.



Instead of: Stressful Scrolling Try: More Mindful Phone Use

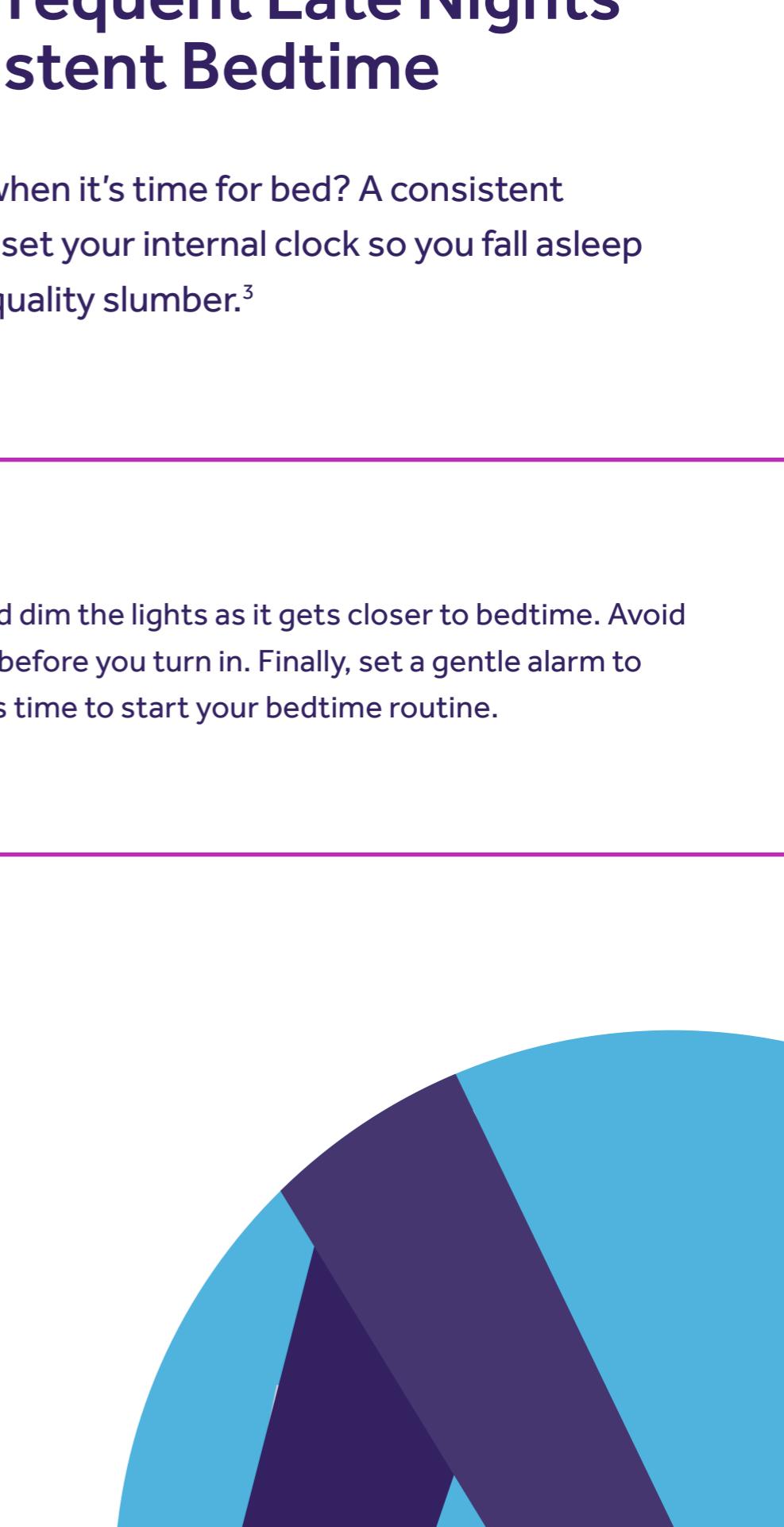
Canadians look at their phones 52 times per day on average.¹ What's more, constantly checking the news, stocks, social media, and other apps can stress you out. But there are steps you can take to be more mindful with your phone use.

Get started:

Move potentially stressful apps off your home screen. Add them to a folder to make them harder to find. This way you're less likely to click on them mindlessly and spark anxiety.

Instead of: Sugary Desserts Try: Making Fruit Your Go-To

If you crave a sweet treat after a meal, giving up dessert may feel impossible. But you can still get your fix and stay healthy. Fruit satisfies a sweet tooth and comes packed with filling fibre, vitamins, minerals, and more.



Get started:

Fill a fruit bowl with pears, bananas, oranges, and more, and keep it in plain sight. Research shows you're more likely to reach for fruit and other healthier choices when you can see them.²

Instead of: Frequent Late Nights Try: A Consistent Bedtime

Do you toss and turn when it's time for bed? A consistent sleep routine can help set your internal clock so you fall asleep easily and get better-quality slumber.³

Get started:

Draw the shades and dim the lights as it gets closer to bedtime. Avoid screens for an hour before you turn in. Finally, set a gentle alarm to remind you when it's time to start your bedtime routine.

Instead of: Waiting for Elevators Try: Taking the Stairs

Long workouts aren't the only ones that count. Getting your heart rate up in 10-minute spurts over the course of the day can also have a big impact on your health — especially if they add up to 30 minutes of total activity.⁴



Instead of: Dwelling on Negative Thoughts Try: Focusing on Positive Images

Self-defeating thoughts can ruin your day. They can also contribute to anxiety and depression over the long run.⁵

Retraining your brain to replace negative thoughts with positive ones can stop this cycle.

Get started:

Plan for the next time a negative thought comes to mind. Think of a positive image like a happy vacation scene or a moment with someone you love. If you get stuck on a negative thought, replace it with the pleasant image.

Instead of: Filler Snacks Try: Snacks to Fill Nutrition Gaps

Nearly all Canadians snack at least once per day.⁶ But too often, people reach for starchy foods that don't satisfy or contribute

important nutrients. Instead, look at snacks as a great

opportunity to round out your diet.



Get started:

Build your snacks around the nutrients you could use more of. If you fall short on fibre, try an avocado and tomato salad. Lacking calcium? Try Greek yogurt topped with half a chopped pear and sliced almonds.

1. <https://www2.deloitte.com/us/en/pages/technology-media-and-telecommunications/articles/global-mobile-consumer-survey-us-edition.html>

2. <https://www2.nimh.nih.gov/pubs/648196>

3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4600033/>

4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4600033/>

5. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4600033/>

6. <https://www2.nimh.nih.gov/pubs/648196>