

# Everyday Safety

## Tailgate Talks

---

### Building Wellness Habits

This might not be your normal Tailgate Talk, but it is important to care about your health and wellness! This Tailgate Talk will cover how to start working toward a lifelong wellness routine.

There are a lot of trends and quick fixes when you look into the world of fitness & wellness. But, in order to make a lasting impact on your health, you will need two things; motivation and consistency.

Let's tackle motivation first; this is the reason why you want to start a fitness/wellness routine.

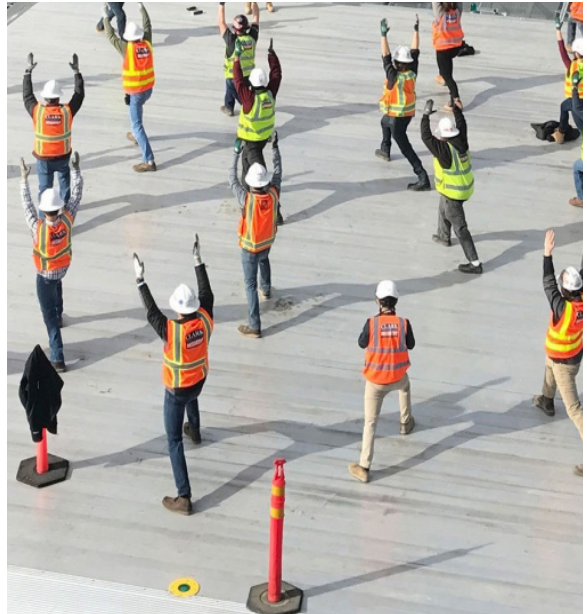
Your reasons can be as simple as:

- I want to play with my grandkids
- As I get older, I want to maintain my independence
- The last few years I haven't been able to make the hike to my favorite hunting spot
- I overall just want to feel better about myself
- I need an outlet for stress

Figuring out what motivates you is not something you can find with Google because it's different for each person. Try to find something personal to you and you will be more likely to stick with it.

Next, we have consistency! Here is where we are going to build those healthy habits. According to Healthline.com (<https://www.healthline.com/health/how-long-does-it-take-to-form-a-habit>) it takes anywhere from 18 to 254 days to create a new habit (on average it takes 66 days)! Developing habits is not a quick fix! A great way to track your consistency is using a habit tracker, we have provided a sample for you but there are many templates out there that can be customized. Using a habit tracker will help you see visual proof of your consistency plus writing things down actually helps with motivation and memory.

---



# Hanover Testing Labs



If you have a healthy habit you want to add to your routine; great! If not, here are three habits to get you started:

## 1 - DRINK MORE WATER

We should be drinking 7-10 cups (60-80 oz) of water a day (more during the summer months). Staying hydrated is extremely important as it has a major effect on our energy levels and concentration. According to the CDC, water also helps your body regulate your temperature, lubricate and cushion your joints, protect sensitive tissues such as your spinal cord, and lastly helps remove waste from the body.

- Here are a few tips to help increase water intake
- Drink a glass of water when you first wake up
- In between cups of coffee have a glass of water
- Have a glass of water before you have a meal
- Carry around a bottle/tumbler of water so cold water is always nearby
- Swap out a carbonated beverage with a bottle of water

## 2 - ADD A WALK IN WHERE YOU CAN

There aren't enough hours in the day, but there are a few things we can change to get a little extra fitness squeezed in. Adults should be getting 30 minutes of moderate physical activity every day!

Here are some suggestions on how to sprinkle fitness throughout your day:

- Take the stairs when you can
- Park in the furthest spot from the building
- If you have been sitting for 30 minutes, get up and walk around for 5 or more
- Have a walking meeting
- Wear a pedometer or use your phone as a pedometer (giving yourself a goal to hit every day will help motivate you to move more)

### 3 - HAVE A VEGETABLE WITH EVERY MEAL

Vegetables are a great source of fiber, potassium, nutrients, and minerals. Increasing your vegetable intake can help reduce heart disease, heart attacks, stroke, and certain types of cancer (<https://www.choosemyplate.gov/>)

Here are some ways to increase your vegetable intake:

- Add spinach to any meal, with its high water content it shrinks in size when cooked
- Have a container in your fridge that is stocked with precut vegetables for when you need a snack after dinner
- Swap out one snack that is high in calories for a piece of fruit or vegetable. If you want to eat the same amount of calories you will get more bang for your buck and be fuller longer by switching to a vegetable (crunchy snacks help curb appetites!)

Changing your routine is hard, so start small and pick goals that are accomplishable.

### **Resources and References:**

For more wellness and fitness tips please check out our other Tailgate Talks:

Back Pain - <https://cornell.app.box.com/v/tt-Back-Pain>

Dealing With Stress - <https://cornell.app.box.com/v/Dealing-With-Stress>

Stretching 101 - <https://cornell.app.box.com/v/stretching-101-tailgate-talk>

### **Additional Resources**

<https://www.healthline.com/health/how-long-does-it-take-to-form-a-habit#takeaway>

<https://www.cdc.gov/healthywater/drinking/nutrition/index.html>

<https://www.choosemyplate.gov/>

BUILDING WELLNESS HABITS

Habit Tracker

Habit	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Increase water intake																															
30 minutes of physical activity																															
3-5 vegetables																															

