



## 5 Healthy Habits You Can Practice All Year Long

Have you been struggling to come up with a New Year's resolution? If you're not sure where to begin, you might want to consider working on a couple of healthy habits that will serve you well all year round. And if you're ready to dedicate yourself to a fitness routine, there's no better place to start your journey than with rock climbing at [Riverstone Climbing Gym](#)! If you want to improve your overall well being, here are a few habits you can work on this year.

### **Practice Self-Care**

Do you ever find yourself feeling stressed out and wishing you had the time to slow down and relax? This year, it's time to prioritize self-care. You may want to block out a chunk of time every weekend to unplug, forget about work and errands, and simply focus on an activity you love. For example, you could schedule a home [spa day](#) for yourself every Sunday evening. You could also treat yourself when the mood strikes. You may want to [update your wardrobe](#) with comfortable basics that will help you look and feel great, no matter what your day calls for.

### **Go to Bed Earlier**

When you don't get enough sleep, you can end up feeling exhausted for an entire day or two. It can throw off your whole routine. If you regularly feel like you're lacking sleep, you may want to

make it your resolution to start falling asleep an hour earlier. Ten Percent Happier [recommends](#) reducing your light exposure as the day winds down, creating a calming evening routine, and even setting an alarm to remind you to get ready for bed.

### **Work Out Regularly**

Perhaps you're always telling yourself that you should [exercise](#) more often. The new year is a great time to get started. After all, some of your friends are probably making the same resolution, so you can hold each other accountable.

If you're looking for a new sport to try out, you might sign up for [rock climbing classes](#) at Riverstone Climbing Gym. This is a fun, exciting activity that will challenge you while helping you build muscle and boost your confidence.

### **Shop for Healthy Foods**

Want to stick to a healthier diet this year? It can be tough to control how much salt, sugar, and fat you're consuming when you go out to eat, so you'll probably want to [cook at home](#) most days. Why not resolve to shop at your local health foods store so that you can stock up on high-quality ingredients for your kitchen? When you go grocery shopping, Prospect Medical [recommends](#) choosing organic and local products, shopping around the store's perimeter for fresh food, and purchasing ingredients in bulk to save money.

### **Try Meditation**

If you're looking for a way to manage your anxiety this year, [meditation](#) just might be the answer. A daily meditation practice does not have to be time-consuming. In fact, you can start by meditating for just a few minutes in the morning or evening. And if you have trouble keeping your mind focused on your breath, you could listen to guided meditations so that your thoughts don't wander during your sessions.

The new year is the perfect time to get a fresh start and adopt beneficial habits. If you're ready to make a positive change in your life, you can begin by taking steps to improve your mental and physical health. By adopting a few of these habits and staying consistent, you'll be amazed at the changes you see in yourself by the end of the year!

*Are you ready to get fit this year? Sign up for a [membership](#) at Riverstone Climbing Gym. Call 360-610-7474 with your questions.*

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