**5 Tips for a Healthier 2023**

* Exercise Regularly. Staying physically fit improves cardiovascular and muscular health and helps fight disease. ...
* Eat Right. ...
* Protect Yourself From COVID-19, the Flu, and RSV. ...
* Get Enough Sleep. ...
* Stick to Your Plan.

[](https://healthmatters.nyp.org/habits-for-a-healthy-new-year/)

[NewYork-Presbyterian](https://healthmatters.nyp.org/habits-for-a-healthy-new-year/)