



SIMPLE WAYS TO STAY HEALTHY IN 2023



KICK OFF 2023 WITH A 23 DAY CHALLENGE

GOAL: Earn 1 point for every challenge you complete!



DAY 1

Come up with your 2023 **health and wellness goal/goals** and post somewhere that you will be reminded of it daily

☐ **DAY 2**

Come into a Merritt Club and set up a **trial membership**

☐ **DAY 3**

Walk **10,000 steps**

☐ **DAY 4**

Take a Merritt **Group Fitness Class**

☐ **DAY 5**

Drink eight **8 oz. glasses of water**

☐ **DAY 6**

Start a **healthy habit** today — think of one habit or routine you have always wanted to try and add it to your day

☐ **DAY 7**

Tell someone **why you appreciate them**

☐ **DAY 8**

Meet with a Merritt Member Experience Specialist (MES) and have them develop a plan for your success

☐ **DAY 9**

Sleep at least **8 hours**

☐ **DAY 10**

Eat the **Rainbow** (Red – apple, orange – carrot, yellow – spaghetti squash, green – spinach, blue – blueberries, purple – grapes)

☐ **DAY 11**

Complete Merritt **Workout of the Day** online

☐ **DAY 12**

Put down your **phone!** Read something or maybe pick up your phone and call a long lost friend to say hi

☐ **DAY 13**

Stretch for at least **15 minutes**

☐ **DAY 14**

When you wake up, share with your closest friend something that you are thankful for

☐ **DAY 15**

Meditate – take 10 minutes before bed and focus on you

☐ **DAY 16**

Cook something at home that you have never tried

☐ **DAY 17**

Go to the gym three times in one week for **Strength Training**

☐ **DAY 18**

Bring a friend to the gym to workout with you

☐ **DAY 19**

Do something for you today

☐ **DAY 20**

Spend the day **social media free**

☐ **DAY 21**

Prepare a Merritt provided **Health Recipe**

☐ **DAY 22**

Adopt a new habit and do it for 21 days in a row

☐ **DAY 23**

Do 2–15 minute **“break walks”**

5 SIMPLE WAYS TO KEEP HYDRATED THIS WINTER

Keep winter dehydration at bay with these five smart strategies to up your water intake:

1

Set a Drinking Water Goal

Establishing a daily drinking water goal is one of the easiest ways to keep track of your water consumption. You can use apps like Waterlogged, Hydrate Daily and Plant Nanny to set and achieve these water goals. Also, make a habit of carrying a water bottle everywhere you go, including at work, as it acts as a physical reminder to stay hydrated. It's advisable to opt for a shatterproof glass bottle since it's safer for your health as well as the environment.

2

Warm it Up

Instead of forcing yourself to gulp down glasses of cold water, drink warm water (plain or infused), homemade smoothies and healthy hot beverages like green tea, cinnamon tea and hot chocolate. In addition, slash your alcohol consumption as it's a diuretic (meaning, it makes you pee more often) and thus dehydrating.

3

Eat Hydrating Foods

Consuming fluid-filled foods like orange, oatmeal, cantaloupe, celery, strawberries and yogurt is a great way to sneak in more water into your daily diet. Eating homemade soups made with seasonal vegetables and herbs can also help you stay hydrated while providing warmth and nourishment to your body. If you're looking for some quick inspiration, check out these ten healthy vegetable soup recipes. Meanwhile, limit your intake of fried and processed foods (such as pastries, potato chips, white bread and frozen pizza) as they siphon out moisture from your body.

4

Layer Your Clothing

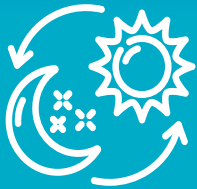
Wear layers of breathable fabrics instead of heavy-duty woolens to minimize water loss caused by perspiration. Here's a handy guide on how to do layering right.

5

Consider Your Workout Water Needs

The more intense your sweat sesh the more hydration you'll need. It's recommended to take half a cup of water for every fifteen minutes of exercise to rehydrate your body. To replenish lost fluid post-workout, "aim to drink one and a half times the fluid you lost while exercising", suggests Better Health Channel. Instead of drinking it all in one go, "spread it over the next two to six hours after the session", it adds.

12 TIPS TO GET BETTER SLEEP



SET A SLEEP SCHEDULE AND STICK WITH IT

An article from Harvard Health explains that “according to sleep experts, a regular schedule not only tends to increase the amount of sleep people get each night, it can also improve the quality of sleep.” Sticking to a regular schedule of sleeping, even on the weekends, can be one of the biggest factors in determining a person’s overall sleep health.



GO TO BED EARLIER

Getting to bed a bit earlier can make all of the difference when it comes to getting quality sleep during the night. Fitness and nutrition expert and host of one of the leading health podcasts on iTunes, Shawn Stevenson, writes about the importance of going to bed at the correct time. On his website, Shawn writes that you can get “amplified benefits of sleep by sleeping at the right hours.” He explains that sleeping during the hours of 10pm and 2am is when we get “the most rejuvenating effects” of sleep because of the significant amount of hormone secretion and recovery happening within our bodies during this point in our circadian rhythms.



EXERCISE REGULARLY, BUT NOT WITHIN 3 HOURS OF BEDTIME

Of course it is important to eat well and exercise regularly, but exercising too close to bedtime can raise your internal temperature, release endorphins, and make sleeping difficult. To ensure maximum sleep quality try to have your work out end at least 3 hours before bedtime.



AVOID CAFFEINE AFTER 2PM

Try starting with a caffeine curfew of 2pm and if you’re still having trouble getting that restful sleep, make the curfew earlier or even cutting out your cup of joe all together. Drinking a glass of water or tea in the morning can sustain energy much longer because of the hydration, won’t make you crash in a few hours, and won’t keep you up at night. It’s a win-win.



FIX YOUR GUT

Microbiome has become a bit of a buzz word in the health and wellness fields as of late because it describes the vastly important environment of our guts. Proper gut health is absolutely vital to the overall health of our bodies, and this is especially true when it comes to getting a good night of rest and helping beat your insomnia.



FIX YOUR METABOLISM

Fixing your metabolism is a way to get your body back into a rhythm. Ensure that you are eating well, exercising often, and overall making good choices towards wellness, and sleep should come much more easily.



STOP SMOKING

Smoking negatively affects your sleep for a variety of reasons, but mainly because nicotine is a potent stimulant that may keep you wide awake into the wee hours.



REVIEW YOUR MEDICATIONS

Medication can be a sneaky thing that negatively impacts our sleep. If you are aware of a medication you take that may act as a stimulant, fixing your insomnia may be as simple as a conversation with your doctor.



SIP MILK

Similar to bananas and turkey, milk contains the amino acid that makes you sleepy: tryptophan. Even better? Warm it up a little and add some honey as a night time treat. If you are going through menopause it is likely that the change of hormones in your body could be negatively impacting your sleeping habits. In a 30-year study conducted by the University of Massachusetts Amherst's School of Public Health and Health Sciences and Harvard University, results show that drinking milk has the potential to decrease the risk of early menopause.



ELIMINATE SNEAKY LIGHT SOURCES

Health guru Shawn Stevenson talks about the importance of keeping your room completely dark at night, even buying blackout curtains. He explains that it's not just our eyes that have light receptors, but our skin as well. He says that "if there's light in your bedroom, your body is picking it up and sending messages to your brain and organs that can interfere with your sleep."



CHECK YOUR PILLOW POSITION

Correctly using your pillow to match up with your preferred sleep position can be a huge factor that increases your quality of sleep. If you are a stomach sleeper, choose a very flat pillow, or no pillow at all.

If you sleep on your side, place a pillow between your knees to relieve pressure and have a fluffier pillow for under your head to help support the natural curvature of your spine. For back sleepers, choose a pillow that lays a little flatter, because less fluff is needed to support your natural curvature. A memory foam pillow can provide the perfect amount of contouring support.



BREATHE DEEPLY

There is a reason that in yoga class your instructor has you focus on your breath. Breathing deeply helps to calm our nervous system by allowing more oxygen into our bloodstream.

Healthy Recipe to Warm You Up on a Cold Day!

EASY TURKEY NOODLE SOUP

INGREDIENTS:

- 1 turkey carcass (can sub with turkey breast)
- 4 cups low sodium vegetable stock
- 6 cups low sodium chicken stock
- 7 carrots, 3 quartered + 4 sliced, divided
- 5 stalks celery, 3 quartered + 2 sliced, divided
- 2 yellow onions, 1 quartered + 1 diced, divided
- 1 14.5 oz. can diced tomatoes (low salt)
- 1 tbsp sea salt
- 2 tsp ground black pepper
- 2 tsp dried oregano (or 1 1/2 tbsp. fresh)
- 1 tsp dried garlic powder
- 1 tsp dried rosemary (or 1 tbsp. fresh)
- 1 tsp dried thyme (or 1 tbsp. fresh)
- 2 tbsp fresh Italian parsley, chopped
- Any leftover turkey meat 8 oz. quinoa noodles, uncooked

INSTRUCTIONS:

1. In a large stock pot, combine the turkey carcass, vegetable stock, chicken stock, 3 quartered carrots, 3 quartered celery stalks, and 1 quartered onion, and heat over medium-high.
2. Cook until the vegetables are tender and meat falls off bones, about 30 minutes.
3. Remove the carcass from the stock pot and set aside to cool. Remove other contents (carrots, celery, and onion) and discard.
4. Once the turkey is cool enough to touch, remove any remaining meat and pull apart into bite size pieces.
5. Add the remaining vegetables (4 sliced carrots, 2 sliced celery stalks, and 1 diced onion), the can of tomatoes, any leftover turkey you may have, the salt, pepper, oregano, garlic powder, rosemary, thyme, and parsley into the pot. Cook over medium-high heat for 10 minutes.
6. Add any leftover turkey meat you may have, the turkey you just removed from the carcass, and the noodles to the pot and stir to combine. Cook over medium-high heat for 8-10 minutes or until the noodles are tender, about 8-12 minutes.



Start your morning with this easy breakfast that is full of protein, healthy fats and plenty of plants!

SMASHED AVOCADO TOAST WITH POACHED EGGS

INGREDIENTS:

- 2 tomatoes, halved
- ½ tsp rapeseed oil
- 2 eggs
- 1 small ripe avocado
- 2 slices seeded whole meal soda bread or seeded whole grain bread
- 2 handfuls of everything bagel seasoning

INSTRUCTIONS:

STEP 1

Heat a non-stick frying pan, very lightly brush the cut surface of the tomatoes with a little oil, then cook them, cut-side down, in the pan until they have softened and slightly caramelized. Meanwhile, heat a pan of water, carefully break in the eggs and leave to poach for 1–2 minutes until the whites are firm but the yolks are still runny.

STEP 2

Halve and stone the avocado, then scoop out the flesh and smash onto the bread. Add the eggs, grind over black pepper and add a handful of everything bagel seasoning to each portion. Serve the tomatoes on the side.



NEW YEAR WORKOUT

AT HOME WORKOUT

Perform two rounds in circuit fashion. Take a short rest period in between sets up to thirty seconds as needed. Once the first round is completed take a full minute break before starting the second round. Use light Dumbbells if you have them at home to add extra resistance to these workouts.

Beginner Level 1

- 10 Alternating Reverse Lunges
- 30-second High Plank Mountain Climbers
- 15 Body Weight Squats
- 10 Elevated Push-Ups (use your couch or chair for elevation)
- 30 seconds of Standing High Knees
- 10 Lying Leg Raises

Advanced

- 20 Alternating Reverse Lunges
- 1-minute High Plank Mountain Climbers
- 20 Squat Jumps
- 20 Elevated Push-Ups (use your couch or chair for elevation)
- 1 minute of Standing High Knees
- 20 Lying Leg Raises

For advanced results, after your workout go for a 1-2-mile walk or interval jogs.

Perform this workout 2-3 times per week. Once you are comfortable move on to the in-club workouts.

NEW YEAR WORKOUT

IN-CLUB WORKOUT

This in-club workout is designed for beginners and incorporates a total body integration for maximal caloric burn and muscular hypertrophy.

Warm Up

- 15 Light Weight Kettlebell RDL with Deep Squat
- 10 TRX Rows
- 10 Banded Push-ups (modify if needed)

Workout

Perform 3–4 sets in a take, a short rest period in between sets up to one minute as needed. Don't take rest if exercise calls for superset.

Beginner Level 1

- 12 repetitions of Dumbbell Glute Bridges
- 12 repetitions of Leg Extensions
- 10 repetitions Split Squats each leg (on freemotion squat machine)
- 12 repetitions of Lat Pull Down
- 12 repetitions of Chest Press
- 12 repetitions of Cable Overhead Press
- 10 Knee Raises on Roman Chair

Advanced

- 12 repetitions of Hip Thrust on machine with 1 second isometric
- 12 repetitions of Leg Extension with 2/1 technique (bring weight up with both hands, bring weight down with one leg in a controlled manner)
- 10 Split Squats with Knee Raise on each leg (freemotion squat machine)
- As many reps as possible of Chin-Ups
- 6–12 repetitions of Barbell Bent Over Rows
- Chest Press until failure (within 15 reps)
- Reverse Fly Machine until failure (within 15 reps)
- 10 repetitions of Seated Dumbbell Overhead Press
- 10 Straight Leg Raises in Roman Chair

For advanced results, after, do 20–30 minutes on stair master or treadmill at incline within your Target Heart rate

Perform this workout 2–3 times per week.