



NBSRT Wellness – January and Beyond - 2026

It is now going on two weeks into the new year. Never too late to create your 2026 Healthy Living Plan. Here are some thoughts for you to consider as we move forward into the new year.

1. Take a look at your eating habits – look to create your menus for the upcoming few weeks. Set realistic goals for yourself on your nutrition, record some basic personal data on height, weight, and blood pressure for your own personal use and begin to set up your own healthy eating plan.
2. Review your exercise and general activity habits – if you do not participate in a light walking program, look to begin. Pick a route, time frame, maybe engage your best friend (person or animal) and chart out at least 3-4 times per week a personal walking program. As you continue on this plan increase both time and distance.
3. Make exercise a family affair – hold a family open house at least once a week, get everyone together and participate in group activities. Anything from a walk, bowling, skating, whatever your interests. Great opportunity to check in with everyone as well.
4. Start label reading at the grocery store – use your smartphone to assist you in understanding what the nutrition labels are stating on the products you purchase. You will find that you will become an expert in no time.
5. Research 'good' & 'bad' fat – find out the difference between the two, discover how fat can play an important role in your diet. Don't forget, fibre, also an important aspect of your diet.
6. Look for motivation to keep on your wellness plan – watch a video, listen to a podcast, learn how these individuals eat, and exercise. It will provide you with ways to overcome obstacles that may interfere with your own plan. Are you one of those who eats when you're happy, sad, stressed or relaxed? Use the information to understand more about yourself and what you can do to stay focused on your personal plan.
7. Limit eating out in restaurants – treat yourself from time to time but don't make eating out a habit. It can easily become one if you let it. Back to #1, plan your meals and stick with the plan.
8. Review your financial wellness – take a close look at your spending habits. Where is your money going? What kinds of items are you purchasing and are you using your credit cards wisely? Make a list of ways to cut your spending. Look to lower debt and increase your savings. There are lots of resources out there that can help you in understanding money and how to improve your financial wellbeing.