

HEALTH AND WELLBEING



Creating Healthy Habits

I am not a fan of New Year's resolutions, let's face it, they don't stick. I think it is more important to create a simple new habit. Then when that one is successful, think of something else you want to make into a new habit. It doesn't need to be in the gym or around nutrition. There are plenty of healthy habits out there that don't cost money nor do they take up a lot of time. Here are a few habits that can create better health for you quickly:

1. Sleep 7-9 hours. Put away your electronics at least 1.5 hours before bedtime to get a more restful sleep.
2. Drink Water-at least 64oz but more is even better. Water protects tissues in your body as well as aids in digestion, transporting nutrients, improving sleep and cognition, lubricating joints as well as many other functions.
3. Practice gratitude! Being grateful for even the small things can improve your mood, immunity and help you sleep better.
4. Go outside in nature. Even spending time outside in the cold can help soothe your soul and counteract time spent on screens!
5. Learn a new hobby, take a class or learn a new language. New skills help to keep your brain healthy and can slow the signs of aging.
6. Pack your lunch. By not spending money each week, we can help ourselves become more financially sound.

Healthy Recipes

[SlowCooked Coffee Beef Roast](#)

[Vegan Sweet Potato, Kale and Chick Pea Soup](#)

[Chocolate Fudge Pudding Cake](#)

LCIC Courses

Pound Fitness Classes

4:45-5:45

2400 Reach Rd, Williamsport. To register click links below.

Jan. 8th [Pound Fitness-1/8/25](#)

Jan 22nd [Pound Fitness 1-22-25](#)

Home workout Class

Mon, January 27th, 5-6pm

2400 Reach Rd, Williamsport

Learn how to maximize your home workouts with Travis Krall
To register click here:

[Home Workout](#)



Cultivating Healthy Habits

It's time to invest in your health and happiness this year! Small, healthy habits practiced consistently over time will gradually boost your physical and mental well-being.

These habits shouldn't be hard to commit to; if they do, consider making them even smaller so you can keep moving forward. Calm's resources below can help you easily develop a new healthy habit today:

- Build Habits that Actually Stick
 - Choose one of the 10 habit formation sessions with Dr. Julie Smith to create a healthy habit that meets your current daily needs.
- 7 Days of Growth
 - Do you have 3 minutes? Try a growth-setting session with Jay Shetty and learn a new skill to be more present, calm, and confident.
- Take A Walk
 - Going for a walk? Listen to one of the 10 music tracks in this playlist to fully relax your mind after a long day.
- Jump Start Your Day
 - Gently wake up with Mel Mah and lightly stretch your body to set a peaceful tone before you start your workday.

Join an upcoming Calm webinar to learn how to personalize your app experience. Learn new mindfulness techniques or strategies with special monthly themed webinars.



Haven't activated your Calm Subscription yet, scan the QR code to get started.

Use the Log In feature at the bottom of the page when you are ready to login, do not use Facebook Google or email to log in.



Reach your Health Goals in 2025!
8 Week Weight Loss/Wellness Class
Wednesdays, January 15 – March 5, 2025
Class time: 4:45 – 5:45pm
Location: Penn College (Anyone can attend)

- Lose weight without feeling hungry, yes you can eat carbs!
- Healthy fats (MUFA) to target belly fat and speed weight loss
- Topics include: lowering risk of chronic disease, reversing insulin resistance, gut health, Blue Zones, DASH guidelines and more!
- Plan may improve blood pressure, fasting blood sugar and cholesterol
- Participants have lost up to 120+ pounds, 10 inches from their middle, reversed pre-diabetes and fatty liver, significantly improved A1C, and reduced or eliminated need for prescription medications

This Lifestyle Approach Works!!

I look forward to working together,
Rose Trevouledes, RD



Cost: \$225.00, cash or check made out to Live It Nutrition
Register early by emailing Carmen Terry @
cterry@iu17.org