

# 35 TIPS to celebrate a NEW YEAR, NEW YOU

FROM THE EXPERTS AT THE ARTHRITIS FOUNDATION



# Ring in the **NEW YOU**

YOUR “SOMEDAY” IS HERE. IT’S TIME  
TO MAKE YOUR VISION OF A HAPPIER,  
HEALTHIER FUTURE A REALITY.

How do you envision your best self? A slimmer, more mobile body? Better health? Greater contentment and happiness? With a new decade rising, there’s no better time to set goals and take steps toward the kind of future you want. Use these tips in four areas that research shows have a big impact on health and happiness – living space, outlook, diet and fitness – to start small changes now and make your vision a reality.

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# SPRUCE UP YOUR HOME

**1 Tidy up.** If the tasks seem too daunting, pick one small space – for example, that kitchen drawer that accumulates everything – to clean and organize.

**2 Make cleanup a game.** On the first day, rehome one item – meaning toss, donate or move it – then two on the second day, and so on.

**3 Add light.** Ensure all lights have the highest recommended wattage bulbs, particularly in stairwells and night-lights.

**4 Update wall décor.** Hang a box frame with meaningful momentos, or paint cheap picture frames and create a grouping of pictures you love.

**5 Bring in nature.** Put wildflowers in a vase, plant a

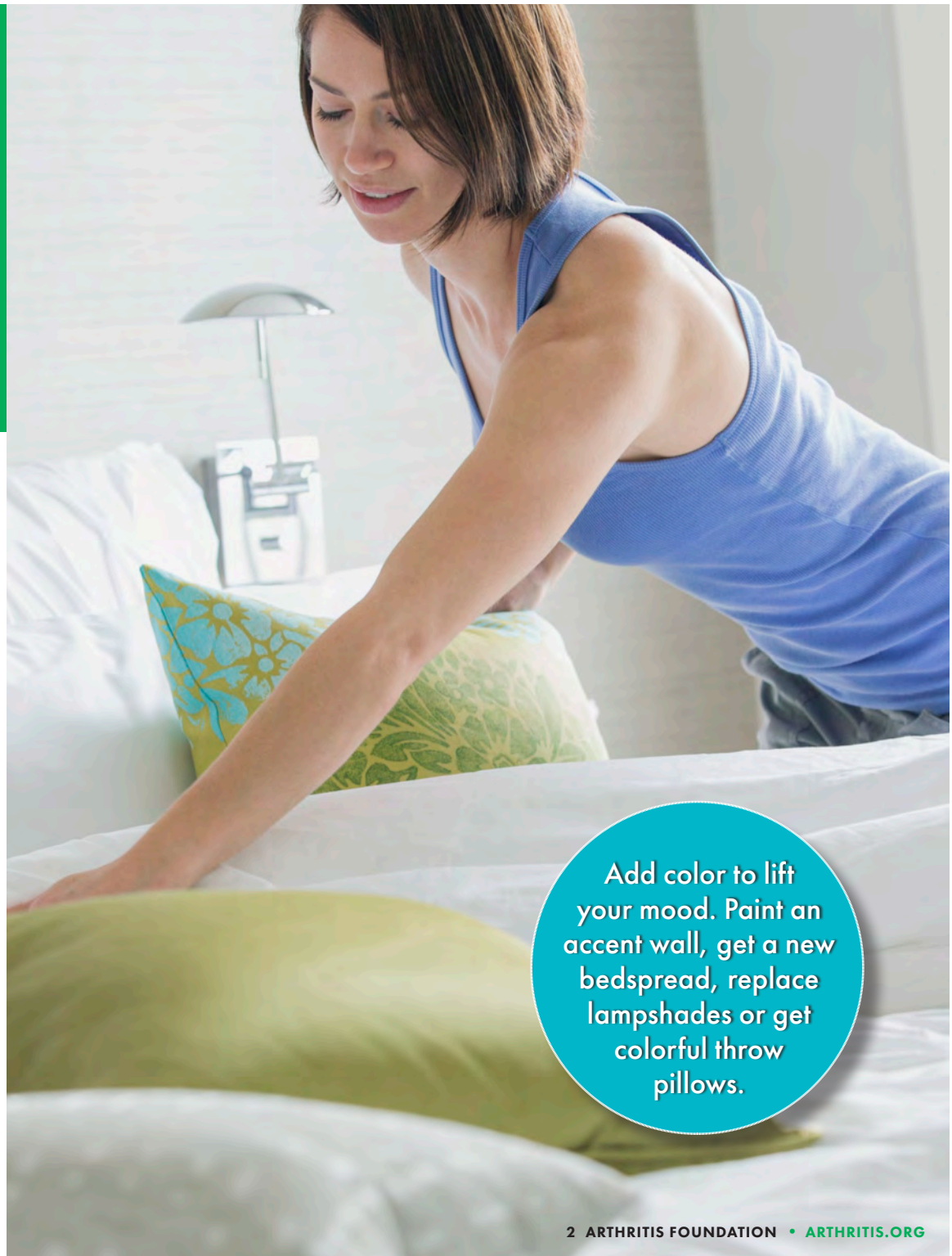
mini herb garden to put on your windowsill or display interesting rocks or shells in a vase.

**6 Make adjustments.** If painful hips or knees make getting up from a chair difficult, add cushions to raise the seat. For beds, use risers under the legs.


**7 Think strategically.** Place items you use frequently where you can reach them easily, like on counters or in upper drawers.

**8 Fend off falls.** Have railings installed by steps and grab bars in bathrooms.

**9 Get good tools.** Invest in easy-to-grip kitchen utensils, an electric can opener, a grabber, a robotic vacuum and more to make daily tasks easier on joints.



Add color to lift your mood. Paint an accent wall, get a new bedspread, replace lampshades or get colorful throw pillows.



Replace negative thoughts with positive ones. Instead of focusing on your joint pain and how it limits you, focus on what you *can* do.

# LIFT UP YOUR SPIRIT

**10 Be grateful.** Begin each morning by thinking of five things for which you are grateful, and end each day by thinking of five more.

**11 Focus on the present.** Unhappiness often derives from our inability to control the past or future.

**12 Treat yourself better.** Cut the criticism and negative self-talk, and talk to yourself as you would your best friend.

**13 Take action.** Instead of waiting until you're in a better mood to take a walk in the park, go to the park anyway. A better mood may follow.

**14 Focus on others.** Helping a neighbor or volunteering for a cause can take your attention off of your own troubles.

**15 Get involved.** Join a book club, sign up for a yoga or pottery class or attend a place of worship.

**16 Seek support.** Find a local support group or online forum for people with arthritis ([arthritis.org/liveyes](http://arthritis.org/liveyes)).

**17 Use technology.** While face-to-face meetings are best, technology can make connecting easier. Connect on social media, video chat or text.



# CLEAN UP YOUR DIET

## 18 Make realistic changes.

Small, thoughtful changes, like switching from processed to whole grains, can become sustainable habits.

## 19 Keep a food journal.

Review what you've eaten after a week to identify patterns that require change.

## 20 Make treats special.

If ice cream is your vice, toss the gallon in your freezer and enjoy an occasional cone at the ice cream shop instead.

## 21 Plan ahead.

If rushed mornings mean fast-food breakfasts, have yogurt, fruit and mini-quiches ready to go.

## 22 Count calories.

It will not only help keep you from eating too much, but it can help you budget for special treats. Try apps like Lose It! or MyPlate.

## 23 Find substitutes.

Look for healthier versions of foods you love, such as veggie "noodles" made by spiral cutting zucchini or other vegetables.

## 24 Drink more water.

If you stay well-hydrated, you're less likely to overeat. Be sure to drink plenty of water every day.

## 25 When eating out, ask for a half portion.

Or order the full portion and have the server box up half.



Fill a dinner plate, then put half of it aside. Eat half and wait a few minutes. If you're still hungry, eat more. Alternatively, use a smaller plate.



# SHAPE UP YOUR WORKOUT

**26** Find an activity you enjoy. You'll be more likely to stick with it.

**27** Treat workouts like commitments. Block out time on your calendar to let people know you're unavailable.

**28** Think like an active person. An active person thinks of ways to be active.

**29** Make everyday activities count. Pushing a grocery cart, strolling at the mall, walking the dog and doing housework all have benefits.

**30** Find a workout partner who can make activities more enjoyable and help hold you accountable.

**31** Find excuses to walk. Take a walk to your neighbor's instead of calling.

**32** Aim for 4,000 steps. Walking eases pain, and a recent study found that 4,000 steps a day is enough to boost longevity.

**33** Stand up. It eases stiffness, reduces disease risk and can prolong your life.

**34** Make it a family affair. Play hide-and-seek with the kids, take a family hike or visit a museum.

**35** Be mindful of pain. Some muscle aches after exercise is normal, but if pain lasts beyond two hours, do less or modify the activity.

Arthritis Foundation tools, like the Better Living Toolkit, can help you live well with your arthritis. In addition, the Track + React web tool helps track your diet, sleep, activities and more; the Your Exercise Solution (YES) tool provides tips and modifications for a variety of exercises; and Walk With Ease will help you start and maintain a walking routine. Find them all at [arthritis.org/tools](http://arthritis.org/tools).



# *It's* **GREAT** *To Meet You*

We're so excited to have you in our community and can't wait to help you **Live Your Yes!**

## **Helpful Resources**

To get started on your personal journey, we hope you'll take advantage of some of the many tools and resources designed for you. Here are a few to get you started.

- ▶ Join a **Live Yes! Connect Group or the Online Community** today to make connections and get information and resources to help you manage your pain.
- ▶ Have questions? Our licensed clinical staff is available to you to provide **one-on-one personal support**.
- ▶ **A variety of tools** are accessible online to help you reduce pain, promote your independence and live your best life.
- ▶ Ready to connect locally? Check out programs and **events in your area**.

## **Support**

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