



Set goals for a healthy, balanced year

Start the new year by focusing on balanced living and heart health. Set goals and make heart healthy changes, such as reducing stress, eating healthy, being physically active, and aiming for a healthy weight.

To be successful, choose goals that are realistic and specific. For example:

- Limit screen time to no more than 2 hours a day.
- Make time to relax—for at least 30 minutes each day—by listening to music and reading a book.
- Replace full-fat versions of foods, such as milk, yogurt, and salad dressing, with the fat-free or low-fat kind.

For more information on creating healthy goals and more behavior changing tips, visit the [Guide to Behavior Change](#) on the Aim for a Healthy Weight Web site.



Is your life in balance?



Jobs, family errands, and other daily demands can be hard on your physical and mental health.

Create a healthy work-life balance with these stress-reducing tips:

- Get at least 7–9 hours of sleep each night.
- Eat a heart healthy diet.
- Get regular physical activity for at least 2½ hours a week.

For more information, visit these resources from the National Heart, Lung, and Blood Institute (NHLBI):

- [At-A-Glance: Healthy Sleep](#) (PDF)
- [Keep the Beat™: Deliciously Healthy Eating](#)
- [Guide to Physical Activity](#)

Is reaching or maintaining a healthy weight on your list?

A healthy weight can help lower your risk for developing chronic diseases and conditions, such as heart disease, high blood pressure, sleep apnea, and certain cancers. It also can help you feel good about yourself and give you more energy to enjoy life.

Most people who try to lose weight focus on one thing: weight loss. However, if you set goals, eat healthy foods, are physically active, and get plenty of sleep, then you may be more successful at losing weight.



For more information on losing or maintaining a healthy weight, visit the [Aim for a Healthy Weight](#) Web site.

NHLBI health information is available at your fingertips

The NHLBI has updated its Web site and added more information, including podcasts, educational videos, Web applications, and downloadable fact sheets.

Browse the updated [online catalog](#) to locate NHLBI materials and find out how to access NHLBI resources—from clinical practice guidelines to fact sheets. Learn about:

- Downloading specific educational materials for self-printing
- Using content in newsletters and on Web sites
- Ordering print materials in limited quantities
- Ordering printers' disks, to use when locally printing large quantities

Materials may also be ordered in printed form at *no charge in limited quantities*. If you need materials in larger quantities, please see information at the [NHLBI Health Information Center](#). To assist you in planning for future information needs, the [NHLBI Health Information Center](#) Information Specialists are available to provide solutions and support via live chat, phone, or e-mail.

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