



BOUNCE
To Build Healthy Families



New Year, New You: BOUNCE Into Health

The start of a new year is a wonderful time to reflect, reset, and look forward to our health goals. Here are a few suggestions on setting simple, realistic health goals that fit into our everyday life.



- > **Small steps make a big difference.** Creating small, consistent habits is more effective for lasting change than trying to make drastic changes in our routine.
- > **Consistency builds success.** Repeating small, specific actions can lead to long-term improvements in our health.
- > **Mindset matters.** Focusing on progress and benefits instead of perfection helps keep us motivated throughout the year.
- > **Mental well-being is important.** Being kind to yourself, relaxing or going outside, enjoying activities you love, and spending time with a support group are all critical for our mental health.

Sources: National Institute of Diabetes and Digestive and Kidney Disease, and Psychology Today

PUTTING YOUR GOALS INTO ACTION

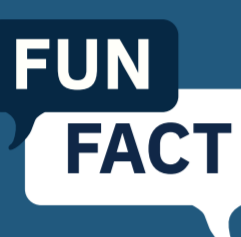
Once you have reflected on ways to create realistic goals, it is time to turn those ideas into action. Here are a few creative ideas to get you started, stay consistent, and make progress all year long:

- > Write your health goals in a journal to keep track of them.
- > Create a vision board with images and words that represent your dreams to stay motivated.
- > Join a free or low-cost community class—like dancing, cooking, or gardening—to learn something fun and meet new people.



It is normal to have setbacks, but it is important to get up and try again. Change takes practice, so adjust your goals to fit your life and your body as you continue moving toward a healthier you.

Source: U.S. Centers for Disease Control and Prevention



Only 9% of Americans keep their New Year's resolutions all year long — let's aim to be part of that 9% by setting small, *achievable goals* that lead to big success!

Source: Her Retirement

SIMPLE SWAPS FOR A HEALTHIER YOU

Healthy eating does not have to be complicated or expensive. These simple swaps and habits can help you stay nourished, energized, and on track with your goals.



- > Replace sugary drinks with water, unsweetened tea, or smoothies made with fresh fruit and low-fat yogurt.
- > Use whole wheat or corn tortillas instead of white flour tortillas for more fiber.
- > Eat mindfully by turning off distractions, focusing on your meals, and listening to your hunger and fullness cues.
- > Save money by shopping for seasonal produce at local stores and buying in bulk.

Try out the following free apps to support smart eating habits and an active lifestyle.



Yuka: Scan food barcodes to learn what is in your food.



MyFitnessPal: Track meals and nutrition goals.



Mealtime: Find quick, balanced recipes for busy days.

Sources: The Nutrition Source, Harvard Health Publishing, Little Medical School, and Healthline

NOURISH YOUR NEW YEAR WITH NEW TASTES!

Start the new year by exploring new flavors and nourishing meals! Try something different with our highlighted recipes — click the links below to discover how to make a cozy Tomato Tortilla Soup and a hearty Red Lentil Soup.



[Tomato-Tortilla Soup](#)



[Red Lentil Soup](#)

YOUR GUIDE TO A STRONGER, HEALTHIER YOU

With the new year, many people plan to start exercising more consistently. It is important to start slowly, listen to your body, find a workout buddy, and make it fun. Here are a few ways to help you ease into a new balanced routine:

- > **Strength training helps build muscle and bone mass.** Great beginner options include squats, lunges, push-ups, pull-ups, planks, crunches, and leg raises.
- > **Cardio supports heart health.** Try walking, jogging, biking, or dancing.
- > **Stretching and mobility exercises improve flexibility and range of motion.** Incorporate both dynamic stretches (like arm circles and leg swings) and static stretches (like holding a hamstring or shoulder stretch).



Source: Planet Fitness

BOUNCE INTO A HEALTHIER NEW YEAR

Start 2026 by turning your New Year's resolutions into real results with BOUNCE! Whether your goals include eating better, moving more, or finding support to stay consistent, our program is here to guide you every step of the way.



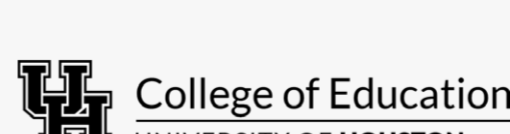
If you want to take charge of your health, our **Let's Get Healthy Together** program is for you! Join 26 expert-led sessions designed to lower the risk of Type 2 diabetes. Each session focuses on balanced eating, joyful movement, and building habits that last.

Scan the QR code to register for our classes by January 3, 2026, and reserve your spot for the new year!



Our program is free, offered in English and Spanish, and available online or in person. Let's BOUNCE together toward a healthier, happier 2026!

Have any topics you'd love to see? Please email them to: bounce@central.uh.edu.



For more information, reach us:

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Keep up with BOUNCE!

