



Well-being@Work Newsletter

January 2019

GET ON TRACK



Did you know that, on average, only 8 percent of people actually keep their New Year's resolutions? Use the practical tips and articles in this month's newsletter to help you successfully set and keep your new year's resolutions this year.



[Baby Steps Go A Long Way.](#)

These New Year's resolution ideas are small enough to be doable, but

big enough to still give you that feeling of satisfaction when you realize it's March (or even November!) and you're still going strong.



[Beating Gym-timidation](#)

38 percent of New Year's Resolutions are focused on exercising more. If you are looking to get in better shape this new year, but you're intimidated by the idea of going to a gym, it's time to tackle those fears. This article provides practical ideas on how to break down the most common barriers that keep us from hitting the gym.



[This Month's Challenge: Stick To It](#)

This month's challenge uses simple but impactful daily habits that, if you stick to them, will improve your health and well-being!



[FINANCIAL FITNESS IN THE NEW YEAR](#)

The start of a new year is a good time to take stock of your finances and pledge to do better. Here are Americans' top five money-related resolutions for 2019, according to Principal Financial Services -- and how to pull them off.



[LET TECHNOLOGY BE YOUR GUIDE](#)

Take a look at these 10 online tools that will help you set and keep your New Year's Resolutions!



GET S.M.A.R.T WITH YOUR GOALS

Start your New Year's off on the right foot by setting goals that are S.M.A.R.T. - Specific. Measurable. Achievable. Relevant. Time Bound. S.M.A.R.T goals are designed to provide structure and guidance to help you better identify what you want to accomplish. Check out these tips.

For more health and well-being information, contact your Wellness Champion at your location.

