

NEW YEAR'S RESOLUTIONS GEARING UP FOR WELLNESS IN A BRAND NEW WAY

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[/EINPresswire.com/](http://EINPresswire.com/) -- Give yourself a gold star...you survived the holidays and lived to tell the tale! Now, as to New Year's resolutions, instead of the same-old-same-old "I'll lose 10 pounds" or "I'll exercise more," why not commit to resolutions with true wellness in mind, focusing on kindness to the body and joy to the spirit, ones that will make you feel better as well as be better? Following are five to consider:

Be Here Now

Whether you're paying the bills, doing push-ups or reading to your toddler, put 100 percent into the task. As financial guru Suze Orman says, "Multi-tasking is the ruination of quality" and one of the most frequent ways we get off-course is by phoning and texting while we're with others and doing other things.

Think about it: Delivering 50 percent of one's energy and expertise to one project, 30 to another, and 20 to still another, all at the same time, is giving short shrift to each.

Everyone enjoys a chat more when they know you're really listening. Be it for business or pleasure, it's the way to go in the New Year.

Last, according to MIT professor Sherry Turkle, among many reasons for putting the phone down: media multi-taskers think more slowly, and too much phone use can ruin relationships as they tend to make us ignore each other.

Sleep More

According to the National Sleep Foundation, adults need from seven to nine hours of shut-eye



Celliant® Performance Sheets from Sleepletics™ give you a restful sleep where you wake up energized.

each night. Unfortunately, not all of us heed this directive. Here are two tricks that might help:

If you'd like to be asleep by 10 pm, but find it impossible, try going to bed 15 minutes earlier than your norm for a week. Add another 15 minutes the next week, and so on until you reach your goal. Done slowly like this, you will barely notice the difference.

Dress your bed with Celliant® Performance Sheets from [Sleepletics™](#). These luxurious, silky-soft sheets have been scientifically proven to promote restful sleep and increase energy and stamina among other benefits. An FDA-determined medical device and general wellness product, Celliant Sheets have mineral-infused fibers that recycle body heat into infrared energy to naturally increase blood flow and local circulation. They'll make you feel beautiful, as well as energized. Available in chalk, blue, tan and light grey to coordinate with any decorating scheme.

Eat Healthily

We are what we eat – hair, skin and teeth, energy level and well-being, as well as weight and waistline. Start the New Year off right by following these tips gathered from several reputable sources:

- Drink water throughout the day and say “no” to sugary drinks all the time.
- Bare down meat intake and replace with fish.
- Eat lots of fruits and vegetables. Aim to make them 50 percent of every meal.
- Cut down on fat and sugar. Check with your doctor first, of course, before making any radical changes to your diet.
- Eat three proper meals a day ... instead of skipping and binging.

Get Movin'

No matter what shape you're in, start exercising. With so many choices these days, there's something for everyone. Find a gym or join an organization like the YMCA that offers a vast variety of reasonably-priced classes. Equally important no matter your age, exercising is also a good way to keep the brain active and lower the risk of Alzheimer's.

Try these tricks to stay motivated:

If you already exercise, change your routine once in a while. Find spinning a snooze? Try boxing. Zumba too loud? Maybe yoga is more your thing. Whatever it takes, keep your workout interesting so you keep doing it.

Ask a friend to join you. Take turns encouraging each other and celebrating achievements, as well as complaining about how sore your muscles are.

Wake up rarin' to go. Celliant Sheets help you feel refreshed and completely recovered, “packed with energy” as one person said, following the peaceful night's sleep they provide.

Stop Smoking

Could anything be better than to quit smoking in the New Year? Not according to the American Medical Association, who says in its journal that giving up cigarettes is “one of the most important things you can do to improve your health and well-being.” And that includes electronic or e-cigarettes, and yes, the flavored ones, too!

While still being investigated by the U.S. Food and Drug Administration and other eminent groups, it has been determined that vaping may not be worth the risk. There are many reasons, including the fact that they often contain such ingredients as nicotine, which is addictive, and chemicals like formaldehyde.

If you’ve tried everything to stop, but are still sneaking one when no one’s looking, try these:

Determine the amount of money you spend per week on your habit. Then either buy yourself a present with it as a weekly reward for not smoking, or save the money for something big at the end of six months.

If there’s someone in your life who’s been begging you to quit, perhaps they would match you dollar-for-dollar and join you in spending it once you’re nicotine-free.

Remember that in addition to becoming healthier and saving money, your clothes, car and home will smell fresher and be cleaner.

Customize your 2019 Resolutions to suit your needs and make this New Year happier and healthier than ever!

For more information and to purchase Celliant Performance Sheets, visit: www.sleepletics.com. Follow us on Instagram @sleepletics and like us on Facebook: @sleepletics.

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Link to high-res. photos: <https://bit.ly/2rCl3fm>

Sarah Fletcher

Sarah P. Fletcher Communications

+1 917-855-7994

[email us here](#)

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