

Mountain Peaks Family Practice Encourages Families to Kick Off 2025 with Simple Health Resolutions

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[/EINPresswire.com/](https://EINPresswire.com/) -- As families step into the new year, [Mountain Peaks](#) Family Practice is encouraging households to set achievable health goals that promote long-term well-being. Dr. Durrans, a trusted physician at Mountain Peaks, emphasizes that small, consistent lifestyle changes can have a significant impact on overall health. From prioritizing sleep to fostering emotional well-being, the practice is offering practical advice to help families achieve a healthier 2025.



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Focus on small, manageable changes. Over time, you'll see significant improvements in your family's health and happiness. It's all about progress, not perfection.”

*Dr. Robert Durrans, owner
and practitioner*

“Health goals don't have to be overwhelming or complex,” says Dr. Durrans. “Small adjustments, made consistently, can lead to meaningful improvements in your family's well-being.”

With the start of a new year, many families set resolutions that often fade as life gets busy. Mountain Peaks Family Practice is helping families create lasting change by focusing on realistic, practical steps that fit into daily routines. By making small, consistent changes in key areas like sleep, nutrition, exercise, and mental health, families can see long-term benefits that improve overall well-being.

Dr. Durrans believes that achievable goals are the foundation of a healthier lifestyle. “The key is to avoid overwhelming changes that are difficult to maintain,” he explains. “Instead, focus on small improvements that can be sustained over time. It's not about perfection—it's about progress.”

Mountain Peaks Family Practice recommends five areas where families can focus their efforts to create healthier habits in 2025. These insights are designed to be practical and achievable for

families of all sizes.

Prioritize Sleep: The Foundation of Health

A good night's rest is essential for both physical and mental health. Adequate sleep improves mood, cognitive function, and immune response, helping both children and adults feel their best. Unfortunately, modern lifestyles often disrupt natural sleep patterns with late-night screen time and inconsistent routines.

To help families improve their sleep, Dr. Durrans suggests creating a calming bedtime routine. This might include reading a book, listening to soft music, or practicing deep-breathing exercises before bed. Parents can set an example by modeling healthy sleep habits and ensuring that bedrooms are comfortable and screen-free.

“Sleep should be viewed as a critical part of your family’s daily health routine, just like eating and exercising,” Dr. Durrans says. “Even small adjustments can lead to significant improvements in overall well-being.”

Share More Meals: Strengthening Bonds and Nutrition

Eating together as a family not only promotes healthier eating habits but also strengthens emotional bonds. Shared meals are an opportunity to connect, communicate, and build relationships in a meaningful way. Studies have shown that children who regularly eat with their families are more likely to consume fruits and vegetables and less likely to engage in risky behaviors.



Mountain Peaks Family Practice encourages families to start with a goal of three shared meals per week. Making meals a tech-free zone can enhance the experience, allowing everyone to be present in the moment. Family members can also participate in meal planning and preparation, which fosters a sense of involvement and responsibility.

“Family meals are about more than just food,” says Dr. Durrans. “They’re about connection. Taking time to share a meal together can have long-lasting positive effects on a child’s emotional and social development.”

Get Moving: Daily Physical Activity for All Ages

Exercise doesn’t have to mean formal workouts or trips to the gym. Daily movement can be incorporated into family life in simple and enjoyable ways. Physical activity is essential for maintaining cardiovascular health, building strength, and improving mood.

Mountain Peaks recommends making exercise a fun part of daily routines. Family walks, hikes, or bike rides can be great ways to stay active together. Turning household chores into active games can also encourage movement. For example, parents can create a cleaning challenge where everyone races to complete tasks.

“The key is consistency,” says Dr. Durrans. “Even small bursts of movement throughout the day can add up to significant health benefits. Find activities that your family enjoys, and make them part of your routine.”

Foster Mental Health: Building Emotional Resilience

Mental health is just as important as physical health, but it’s often overlooked in family health goals. Creating a supportive home environment that prioritizes emotional well-being can have a profound impact on all family members.

Mountain Peaks Family Practice recommends simple strategies to promote mental health. Starting a family gratitude journal, where everyone writes down something they’re thankful for each day, can cultivate a positive mindset. Limiting screen time and encouraging face-to-face communication can also improve emotional well-being.

“Checking in on each other’s emotional health regularly is key,” says Dr. Durrans. “It’s important to create a safe space where family members feel comfortable sharing their thoughts and feelings without judgment.”

Stay Current with Preventative Care: The Importance of Check-Ups

Preventative care is essential for catching potential health issues early and keeping the whole family on track for a healthier year. Routine check-ups, vaccinations, and screenings are simple yet effective ways to prevent illness and manage chronic conditions.

Mountain Peaks Family Practice urges families to schedule annual physicals for every member of the household. Staying current with dental and vision care is equally important. Regular visits to healthcare providers can provide peace of mind and ensure that small health concerns don't become larger problems.

Preventative care also extends to nutrition. Reducing sugar and processed foods can improve energy levels, mood, and overall health. Dr. Durrans advises families to make small dietary swaps, such as choosing water over soda and incorporating more whole foods like fruits and vegetables into their meals.

"Nutrition doesn't have to be perfect," he says. "Small changes can have lasting benefits. Focus on making healthier choices, one step at a time."

Practicing Kindness and Connection: Building Stronger Families

Health isn't just about the body—it's about the heart and soul too. Practicing kindness and fostering strong connections within your family can improve everyone's overall well-being. Kindness reduces stress, improves mood, and even boosts physical health.

Mountain Peaks Family Practice encourages families to hold weekly meetings to check in, share highs and lows, and plan the week ahead. Volunteering together can also create meaningful experiences and strengthen bonds. Celebrating small wins and acknowledging each family member's efforts can build confidence and reinforce positive behavior.

"Health goals are not just about physical fitness," says Dr. Durrans. "Emotional health and connection play a huge role in overall well-being. Creating a supportive, loving environment can make all the difference."

A Healthier 2025, One Small Step at a Time

Mountain Peaks Family Practice believes that health goals are best approached as a journey, not a destination. The key to long-term success is making small, manageable changes that can be sustained over time.

“Focus on small, manageable changes,” says Dr. Durrans. “Over time, you’ll see significant improvements in your family’s health and happiness. It’s all about progress, not perfection.”

To learn more about Mountain Peaks Family Practice and to schedule a wellness check-up for your family, visit

[www.mountainpeaksfamilypractice.com](<http://www.mountainpeaksfamilypractice.com>).

About Mountain Peaks Family Practice

Located in the heart of Utah Valley, Mountain Peaks Family Practice has become a cornerstone of community health by providing exceptional healthcare services for many years. From its modest beginnings, the practice has grown into a premier family healthcare provider, offering a comprehensive array of services tailored to meet the needs of individuals and families at all life stages.

Mountain Peaks Family Practice understands that excellent healthcare is built on a foundation of expertly trained and compassionate medical professionals. The team comprises dedicated medical professionals and support staff committed to delivering personalized care with professionalism and warmth. They pride themselves on creating an environment where patients feel valued and understood.

The services at Mountain Peaks Family Practice are designed to address a broad spectrum of medical needs, ensuring accessible and continuous care for the community. Whether it's preventive care, acute treatment, or chronic disease management, the goal is to offer solutions that promote long-term health and well-being.

Discover more about how the team is ready to serve you and your family by visiting <http://mountainpeaksfamilypractice.com>.

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