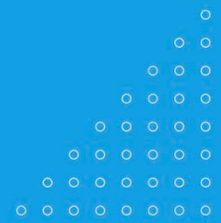


WELLNESS NEWSLETTER

January 2025



HIGHLIGHTS for the [January 2025 Newsletter](#)

Click, Swipe & Tap to Get Moving in 2025

Want to get moving and improve your health in 2025? Discover the top two fitness trends of 2025 that can help you reach your goal.

Sweet News: Dark Chocolate May Help Prevent Type 2 Diabetes

What if eating dark chocolate helped lower your risk for type 2 diabetes? Sounds pretty sweet, right? Learn more about what makes dark chocolate a healthier choice for a sweet treat.

Books Over Binge-Watching: A Smart Swap for Your Brain

Would you rather...read a book or binge-watch shows? One is better for your brain than the other. Learn more about how your brain responds to a movie marathon compared to reading a book?

Y-Axis: Missed the Holidays? Your Late Gift Still Matters!

Missed sending a holiday gift or card to someone? Stop stressing or feeling guilty. Research shows now is always the best time to practice thoughtfulness or kindness. Here's what you need to know...

Recipe: Oat-Based Fruit

Hungry for warm, healthy and sweet easy-to-make dessert? Give this recipe a try.

Take the January Health Challenge!

Curb Sugar Cravings: Limit high-calorie sugary foods.

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question: How can I develop healthy habits?



THE Y AXIS



Missed the Holidays? Your Late Gift Still Matters!

It's the thought that counts—no matter when it arrives.

Worried a late gift might upset someone?

Good news: Research shows recipients care more about the thought behind a gift than its timing.⁴



While gift givers often stress about being late, recipients see the gesture as meaningful and positive, regardless of the calendar.

Your January challenge: If you missed someone during the holidays, don't stress!

Send a thoughtful note. Drop off a small gift. Or plan a coffee date to reconnect.

Thoughtfulness and kindness are always in season—so take the opportunity to show you care.

COMMENTS?

Send comments to the editor:

evan@thehealthycopywriter.com

Click, Swipe, Tap to Get Moving in 2025

Discover the top 2 fitness trends to improve your health

Ready to boost your health in 2025? Grab your phone to get started.

According to the American College of Sports Medicine, the top two fitness trends are all about tech to keep you moving, motivated, and on track.¹

The top 2 fitness trends in 2025 are:



1. Wearable Tech: Your personal health coach

From smartwatches to fitness trackers, wearable tech helps you monitor steps, heart rate, sleep, and even stress levels.



2. Mobile Exercise Apps: Fitness at your fingertips

No gym? No problem. Exercise apps bring workouts to your phone, whether you want

These gadgets turn daily movement into data you can act on—helping you set goals and celebrate progress.

Get started:

- Set a daily step goal, like 7,000 steps, and challenge yourself to hit it.
- Track your heart rate during workouts to see how hard you're working.
- Or monitor your sleep to make recovery a priority.

TRENDS ►

Books Over Binge-Watching: A Smart Swap for Your Brain

Study: Reading a book is good for your brain

Did you know that swapping hours of screen-time for a good book can benefit your brain?

Read this: The time you spend on certain activities has a big impact on cognitive health, according to a recent study.³ Reading a book stimulates your brain and supports better cognitive function.



Reading a book stimulates your brain and supports memory and thinking.

Excessive screen time like binge-watching shows or doomscrolling on your phone—can have the opposite effect. **BOOKS ►**

Sweet News: Dark Chocolate May Help Prevent Type 2 Diabetes

Treat yourself (in moderation) to protect your health

Got any dark chocolate left over after the holidays? Eat it.

A recent study found that eating dark chocolate may help reduce the risk of developing type 2 diabetes.² Translation: Your favorite treat might actually be good for you!

Here's the bite-sized version of the study:

Researchers found that people who regularly ate small amounts of chocolate—particularly dark chocolate—had a lower risk of type 2 diabetes over time.

Why? Dark chocolate is packed with flavonoids. These are powerful plant compounds that can improve insulin sensitivity, lower inflammation, and support heart health.



3 tips for a healthier chocolate habit

Before you reach for that candy bar, remember that not all chocolate is created equal. Follow these tips to keep it healthy:

- **Go for dark chocolate with 70% cocoa or higher.** The darker, the better—more cocoa means more flavonoids and less sugar.
- **Stick to small portions.** One to two small squares (about 1 ounce) a few times a week is enough to reap the benefits.
- **Skip the extras.** Avoid chocolate with caramel, nougat, or sugary fillings—those add extra calories and sugar.

A little dark chocolate can be a tasty addition to a balanced diet while offering potential health perks. So go ahead—indulge mindfully and savor the benefits.

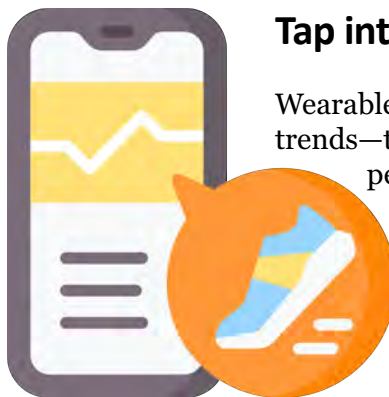


Your taste buds (and your health) will thank you!

► **TRENDS** guided yoga flows, HIIT circuits, strength routines, or stretching sessions. The best part? You can work out anytime, anywhere.

Get started: Explore a fitness app that suits your goals.

- **Start with a free app** offering beginner workouts or short 10-minute routines.
- **Need accountability?** Find an app with reminders or challenges to keep you on track.



Tap into tech to get healthy this year

Wearable tech and fitness apps are more than trends—they're tools to make fitness simple, personalized, and fun.

Whether you're tracking steps, lifting at home, or trying your first yoga session, small actions add up to big results.

5 healthy habits to live longer
tinyurl.com/cmr7xn5t

So grab your tracker, download an app, and get moving!

Recipe: Oat-Based Fruit Crumble

Hungry for warm, healthy and sweet easy-to-make dessert? Give this recipe a try:

Ingredients - Crumble

1/4 C flour
3/4 C rolled oats
1 tsp cinnamon
2 T pure maple syrup
1 T olive oil

Ingredients - Filling

3 Granny Smith apples, cored, peeled & sliced
1 tsp ground cinnamon
1/2 tsp ground nutmeg
2 T water

Directions

1. Preheat oven to 400°F.



Enjoy this oat-based fruit crumble for breakfast or dessert. Serves 4.

2. Combine rolled oats, flour, cinnamon, maple syrup and olive oil into a bowl. Mix until combined.

3. Prepare the filling. Combine apples, cinnamon and nutmeg in large bowl. Stir until well combined.

4. Transfer filling mixture to ovenproof dish and add water. Spoon crumble mixture over filling.

5. Bake for 35-40 minutes, or until golden and apples are soft.

► BOOKS Here's why...

Reading engages multiple areas of the brain, improving:

- Focus
- Memory, and...
- Mental flexibility

In contrast, passive screen time often overstimulates the brain without providing the same mental workout.

Small steps for big brain benefits

Ready to give your brain a boost? Try these tips:

Schedule “reading time”: Swap 30 minutes of



10 health benefits of reading
tinyurl.com/3dpea46a

screen-time or scrolling for a book before bed. It's a win-win—better brain health and better sleep.

Start small: Not a big reader? Pick short stories, articles, or books on topics you love. A few pages a day adds up!

Keep a book handy: Carry one in your bag or download an e-reader app. Waiting at the doctor's office? Read instead of scrolling social media.

Make it social: Join a book club or start one with friends to make reading a habit.

Less screen time, more story time—that's the secret to keeping your brain sharp and healthy. So pick up a book, relax, and give your mind the workout it needs!

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Curb Sugar Cravings

Limit high-calorie sugary foods

Requirements to complete this HEALTH CHALLENGE™:

1. Read "Curb Sugar Cravings."
2. Create a plan to limit high-calorie sugary foods in your diet.
3. Keep a record of your completed health challenge in case your organization requires documentation.

Are you going to eat that? Doughnuts, chocolate, pie, cake, ice cream.

It didn't seem like a big deal to North Carolina resident Stephanie Miller.

Everybody eats sugary treats, snacks, and desserts, right?

But when she couldn't seem to lose weight, even though she was active, she took a closer look at her diet.

"I realized the sugar I continued to eat was defeating my healthy lifestyle efforts," says Stephanie.

"Who wants to workout for an hour, only to realize it was basically for nothing because you just ate a candy bar?"



Take the month-long Health Challenge to Curb Sugar Cravings.

soda, energy drinks, and coffee with sugar and cream?

Stephanie realized her sugar habit was keeping her from losing weight. But she also worried eating too much sugar could raise her risk for other health problems.¹

And that was the tipping point for her.

"Breaking my sugar addiction really was the hardest habit I've had to change. When I say I was a sugar addict, I truly lived off of sugar."

But things turned out pretty sweet.

- Stephanie made changes to her diet to curb her sugar cravings.
- It took some practice, but it worked.
- Cutting back on sugar helped her lose weight, boost energy levels, and improve her health.



Are You Addicted to Sugar?

Think about it...

- How often do you eat sugary treats, snacks, and desserts?
- Do you drink sugar-sweetened beverages like



Ready to improve your eating habits and your health?

Take the month-long Health Challenge to Curb Sugar Cravings.

► SUGAR



Daily Sugar Guidelines: The American Heart Association recommends no more than 36 grams for men, 24 grams for women.

Sugar Shock & Your Health

If you ate only whole foods, you'd still be consuming sugar.

It's naturally found in many fruits, vegetables, whole grains, legumes, nuts, and seeds.

But sugar is added to a lot of foods, like:

- Drinks
- Desserts
- Yogurt
- Cereal, and...
- Sauces.⁵



Too much added sugar can increase your risk for:

- Weight gain
- Tooth decay
- Heart disease
- Stroke
- Diabetes
- Liver damage
- Kidney damage
- Depression
- Dementia
- Memory loss
- High cholesterol
- High blood pressure
- Certain types of cancer



Quiz: Tame Your Sweet Tooth

How much do you crave sugar? Take the quiz to find out.

Y N

1. Do you have trouble waking up in the morning and often crash in the afternoon?
2. Do you often have headaches, brain fog, or moodiness?
3. Do you crave sweet treats + carbs like pasta, bread, and white rice?
4. Do you ever feel guilty after eating sugary snacks, then eat more?
5. Do you eat sweet treats or drink a soda at least once a day?

How did you do?

If you answered "YES" to any of these statements, you're probably eating too much sugar.

Maybe you eat a lot of candy or dessert.

But did you know **added sugar is also found in many other foods like cereal, yogurt, bread, and sauces?**²

If you're eating too much sugar, your brain and your body will keep wanting more.

Fortunately, diet and lifestyle changes can help.



What are the guidelines for added sugar?

The American Heart Association recommends **NO MORE THAN:**⁴



Women: 6 teaspoons of added sugar per day or 24 grams

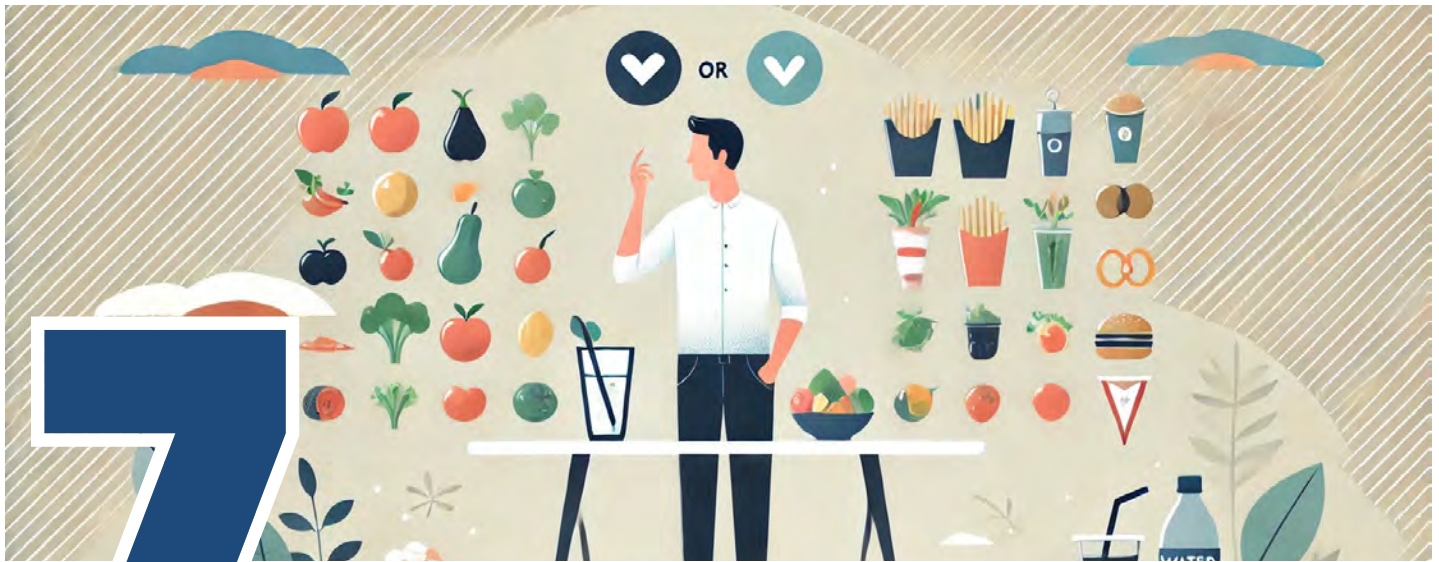


Men: 9 teaspoons of added sugar per day or 36 grams



Children: 6 teaspoons of added sugar per day or 24 grams

► SUGAR



Sugar cravings? These seven healthy lifestyle habits can help you reduce sugar in your diet & improve your health.

7 Ways to Curb Sugar Cravings

Ready to curb your sugar cravings? It's going to take some practice, but you can do this.

Here are some easy ways to get started:



1. Read food labels

Watch out for ingredients like fructose and sucrose.

- Check the amount of sugar in a single serving.
- Sugar guidelines: No more than 36 grams per day for men, 24 grams for women.
- Keep track of how much sugar you eat.



2. Choose fresh & whole foods

Start with fruits, vegetables, whole grains, legumes, nuts, and seeds.

- Whole foods contain more fiber and complex carbohydrates that can help you feel fuller longer and curb sugar cravings.



3. Be more active

Exercise helps use glucose (a form of sugar)

as energy. But eat too much without enough exercise, and excess glucose is stored as fat. Aim for at least 30 minutes of exercise per day.



4. Get tested

Ask your doctor about an Hg A1C test. This test measures your blood sugar level over the last couple of months.

- Have diabetes or are at risk for the disease?
- This test will tell you. Another option: A simple fasting blood glucose test.



5. Get your Zzzs

Lack of sleep causes changes in levels of two hunger hormones (ghrelin and leptin).

- When you're sleep deprived, hunger and food cravings for high-calorie and sugary snacks can go up.

► SUGAR

► SUGAR



6. Eat a healthy breakfast

Start your day with a breakfast high in protein and fiber. You'll feel fuller longer, and less likely to binge on sugary foods later.

- Try fruit, whole-grain toast, cereal or oatmeal, Greek yogurt, eggs, or mix fruit with cottage cheese.



7. Drink more water

If you're used to sipping sweet tea, soft drinks, or coffee with sugar or a sweet creamer, cut back. Drink more water instead.

- If you don't like the taste of plain water, flavor it with fresh lemon, lime, or cucumber slices.

Added Sugar by the Numbers

Think you've got sugar cravings under control?

You might be eating more sugar than you think...

- **496 calories.** Average number of calories most adults eat per day from sugary foods.
- **30 teaspoons.** Most adults eat this much added sugar per day.
- **51 pounds.** Amount of sugar most adults consume in a year.

What does a daily-sugar habit look like?

- **16 teaspoons of sugar** in a 20-ounce soda.
- **15 teaspoons of sugar** in a large chocolate shake
- **12 teaspoons of sugar** in a 10-ounce glass of juice
- **7 teaspoons of sugar** in a grande-sized

coffee

- **5 teaspoons of sugar** in a typical candy bar
- **3 teaspoons of sugar** in a glazed donut



More 'Sweet' Resources to Help You Kick Sugar Cravings

Sugar: It's many disguises
<https://tinyurl.com/y5oqbpp5>

Be sugar smart
<https://tinyurl.com/sfynmdnv>

Diet soda vs. regular soda
<http://tinyurl.com/ybdfq9lg>

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES
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_____ Number of days this month I made choices to curb sugar cravings
 _____ Number of days this month I exercised at least 30 minutes

Other wellness projects completed this month:

NAME _____ **DATE** _____

How can I develop healthy habits?

Follow these 6 steps to create healthy habits

If you're thinking about New Year's resolutions, you're not alone. But let's be honest—creating healthy habits isn't always easy.

You know you should eat better, exercise more, or get more sleep. But turning good intentions into action can feel overwhelming.

The secret? SMART goals—goals that are Specific, Measurable, Attainable, Relevant, and Timely.¹

Here's your step-by-step guide to making lasting changes this year.

✔ Step 1: Define Your "Why"

Before you set any goals, ask yourself why you want to make a change. Your "why" is what keeps you going when motivation dips.

Ask yourself:

- Do I want more energy to play with my kids?
- Am I looking to improve my heart health?
- Do I want to feel stronger and more confident?



Setting SMART goals can help you develop healthy habits.

Do this: Write your "why" on a sticky note and place it somewhere you'll see it daily—like your fridge or bathroom mirror.

✔ Step 2: Get Specific

Vague goals like "I want to get healthier" aren't enough. You need clear, actionable goals.

Examples:

- Drink 64 ounces of water daily.
- Exercise for 30 minutes, 3 times a week.
- Eat 2 servings of vegetables with dinner.

Do this: Choose one habit to focus on and write it down as

specifically as possible.

✔ Step 3: Make It Measurable

How will you know you're making progress? Tracking results helps you stay motivated.

Examples:

- Aim for 10,000 steps a day and track them with a fitness app.
- Record your water intake using a checklist or journal.
- Log your sleep hours to track improvement.

Do this: Pick a simple way to

▼ HABITS

measure progress—like a journal, app, or tracker.

✓ **Step 4: Keep It Attainable**

Set goals that fit your current lifestyle. Start small and build momentum over time.

Example: If you're new to exercise, don't aim for a marathon. Start with a 10-minute daily walk and increase from there.

Do this: Break big goals into smaller, manageable steps. Small wins lead to big results!

✓ **Step 5: Make It Relevant**

Choose goals that matter to you. If you hate running, don't force it—find something you enjoy, like dancing, hiking, or yoga.

Do this: Pick activities that suit your interests and schedule. The more you enjoy it, the easier it is to stick with.



Take steps to improve your health this year. Now is always the best time to start.

✓ **Step 6: Set Timelines**

Without deadlines, goals can drift. Break them into short-term and long-term milestones.

Examples:

- Today: Drink a glass of water with every meal.
- 7 days: Walk 10 minutes every day.
- 30 days: Be active for 30 minutes, 3 times a week.

Do this: Write out your timeline for today, this week, and this month. Celebrate small wins!

Start Small, Stay Consistent

Building healthy habits is about starting small and staying consistent.

Whether it's drinking more water, moving more, or eating better, every small step gets you closer to your goal.

Ready to get started?

Write down one SMART goal, and commit to one small change this week. Small wins lead to big results.

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Head Office: 502 Old Wonderland Rd. London, ON N6K 1L6
info@ewsnetwork.com | www.ewsnetwork.com

