

New Year, Healthier You

3 Tips to Replace an Unhealthy Habit:

1 Make a list.

Reflect on your daily routine and write down habits you want to change, like skipping breakfast, sitting for long periods, or opting for sugary snacks.

2 Choose one habit to change.

Pick one habit to change and make a simple plan. For instance, swap out an afternoon sugary drink with water or take a 10-minute walk during your lunch break.

3 Commit to 7 days.

Focus on the new habit for the next days. If you slip up, no worries, and simply start over for another 7 days. Change is challenging, but Omada is here to support you every step of the way.



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