**Refresh 2021: Reprioritizing Nutrition and Health**

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* So Long 2020 & Happy New Year!
* Refresh in 2021
	+ Rethink resolutions & goals
	+ Reprioritize nutrition & health
* Goal Refresh 2021
	+ Shut Out the Noise
		- External chatter & pressures
		- Avoiding “Should”
		- What do YOU want?
	+ Know Your Why
		- Real change requires purpose
		- What & how are usually clear
		- Why is the key
	+ Get Real with Yourself
		- Where you are at
		- Where you want to be
		- Your why
		- What you are willing to do
		- Non-negotiables
	+ Think Small
		- Achievable
		- Sustainable
		- Less resistance
		- Build momentum & confidence
	+ Choose Process-Oriented Goals
		- Focus on the process - how
		- Avoid result-oriented - what
* Nutrition 2021
* Plant-Based
	+ Reduces chronic disease risk
	+ Reduces inflammation
	+ Promotes weight loss
* Color
	+ Eat the rainbow
	+ Increases phytonutrient content
	+ Promotes plant-based diet
* Whole, Unprocessed Foods
	+ Reduces sugar, sodium & unhealthy fats
	+ Improves fullness
	+ Helps with weight loss
* Eat Regular Meals
	+ Fuels the body
	+ Prevents cravings & overeating
	+ Boosts energy
* Cook at Home More
	+ Healthier
	+ Requires energy
	+ Saves money
* Move More
	+ Physical activity
	+ Stress management
	+ Improved sleep & mood
* Prioritize Sleep
	+ 7-9 hours
	+ Improves energy, food choices & exercise
	+ Practice sleep hygiene

-Fresh look at resolutions & goals
-Ideas to make prioritizing your wellness simple