**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