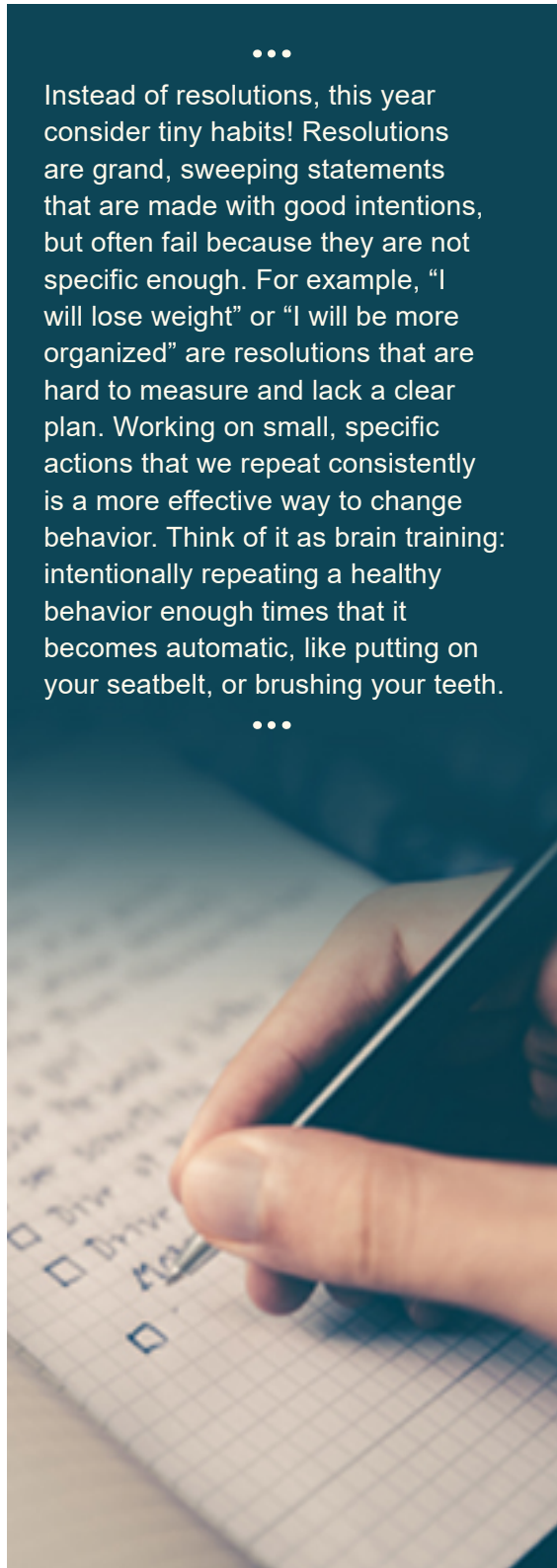


By Lacy Wolff, ERS Health Promotion Administrator



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Instead of resolutions, this year consider tiny habits! Resolutions are grand, sweeping statements that are made with good intentions, but often fail because they are not specific enough. For example, “I will lose weight” or “I will be more organized” are resolutions that are hard to measure and lack a clear plan. Working on small, specific actions that we repeat consistently is a more effective way to change behavior. Think of it as brain training: intentionally repeating a healthy behavior enough times that it becomes automatic, like putting on your seatbelt, or brushing your teeth.  
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## If you are interested in working on your habits this year, here are a few tools to help support you:

- Participate in the 2023 Get Fit Texas Challenge! Register and learn more through the [Get Fit Texas Challenge Website](#). Registration opens on January 16th.  
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- If you are a HealthSelect participant, register for one of two weight management programs available to you to learn simple strategies to improve your health. Learn more and apply: [Wondr Health](#) or [Real Appeal](#)  
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- Complete your [Online Health Assessment](#) through Well onTarget. Earn 2,500 Blue Points and access dozens of trackers and online courses to kick off your 2023 wellness journey.  
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- Join our Virtual Fitness community! Each week, instructors from various agencies and higher education institutions bring you live fitness classes over Zoom through the [Virtual Fitness Calendar](#).  
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- Schedule your annual exam, if it has been more than a year since your last annual check-up, There is no better time than right now to make this important step! Also see if your agency awards an incentive for this too!  
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- Register for an upcoming [wellness event](#), or listen to one of our recordings from the [ERS wellness archives](#) on a topic that you are most interested in.  
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- Go for a walk or do something good for your health as you listen to the [ERS Walk & Talk Podcast](#).  
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- Join the [Fitness Program](#). The Fitness Program is a flexible membership program that gives you and your covered dependents (age 16 and older) unlimited access to a nationwide network of facilities, from gyms and sports facilities to specialty fitness studios, including access to digital fitness videos and live classes. The digital only option lets you stay active from the comfort of your own home.