

Sustainability in Health: Building Lasting Habits

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Spring is an ideal time to reflect on

sustainability in our health journey. Those committed to New Year's resolutions may find it challenging to maintain momentum, while others may feel the rising yang energy of the changing season—longer days bringing renewed motivation and forward movement. Now

is the perfect time to harness this energy to create sustainable health habits.

To achieve lasting health improvements, lifestyle changes must be sustainable. Some

individuals can make permanent shifts—such as adopting a gluten-free diet—when strong motivation and support reinforce the benefits. For those with celiac disease or Hashimoto's, symptom relief solidifies the change. However, drastic, unsustainable shifts often lead to relapses. Restrictive dieting, either of certain

foods or calories, can trigger overeating, for instance. And studies show that yo-yo

dieting and weight cycle are more harmful than maintaining a stable weight, even if overweight.

Foundational health habits—sleep, stress management, social connection, movement, hydration, and nutrition—are key to well-being. Even small changes matter; research shows that individuals who consistently add just one serving of vegetables daily see measurable health benefits. However, results may not always align with expectations. Diet and exercise reliably improve metabolic and cardiovascular markers but don't always lead to weight loss, causing some to abandon these vital habits. These are precisely the habits that it's so important to work on in sustainable ways. Not only do they contribute to increased health, but health interventions may be less effective when these aren't optimized.

Sustainable change starts with knowing where you are and what motivates you. Focus

on the most impactful areas first. Avoid overwhelming yourself by tackling multiple lifestyle shifts simultaneously. Instead, start smaller than you think necessary—if two daily vegetable servings are your norm, aim for three or four before jumping to five. Similarly, ease into exercise to prevent injury—don't begin dance classes, daily walks, and weightlifting all at once after being sedentary. Celebrate small wins, acknowledge the difficulty of change, and seek support. Social connections boost health, and friends, coaches, or healthcare providers can keep you motivated.

Wishing you a healthy and fulfilling year ahead!



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Celebrate progress, not perfection. Small steps lead to significant transformations.

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