



# New Year, New Habits

Our medical team's tips  
for a healthy start to 2025



## Go outside:

A 20 minute walk outdoors reduces cortisol, a stress hormone.



## Add fiber to your meals:

Whole grains and vegetables keep you fuller for longer, which means less snacking!



## Prioritize good sleep:

Aim for 7 to 8 hours each night. If you have trouble falling asleep, avoid screens 2 hours before your desired bedtime.



## Schedule your Annual Wellness Visit:

Your Galileo team is here to help you achieve your health goals. Plus, we can recommend labs and screenings to keep you up to date.



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