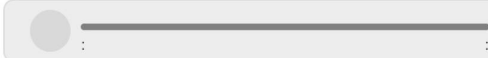


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Updated on November 4, 2025

# New Year's Resolutions for a Healthier Body

Start the new year strong with simple health resolutions that protect your bones and joints. Summit Orthopaedics in Idaho Falls shares easy ways to move, eat, and live better.

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A new year is approaching, and you know what that means: New Year's resolutions! Health is often top of mind as we consider our goals for the new year. To help you achieve those goals, we've put together a list of resolutions for a healthier body and how you can accomplish them.

## Eat foods that support your bones and joints

Foods that support your bones and joints contain calcium and vitamin D. Calcium is a mineral found in a large variety of foods. It is in dairy products like milk, cheese, and yogurt. You can also get calcium from vegetables like broccoli and kale. It is also in other food products that have been fortified with calcium like cereals and juices.

Vitamin D helps your body absorb the calcium, so it is important to make sure that you get plenty of this too. Foods that are fortified with calcium, like milk, may also be fortified with vitamin D so check your food labels. You can also find vitamin D naturally in fish, eggs, and cheese.

If you are not getting enough of these essential nutrients, you can take supplements but you want to get one that is right for you and your eating habits. It is possible to get too much of these nutrients through supplements so it is important to consult with your doctor before you start taking any.

## Exercise more often

Make it a goal to go to the gym or do a home workout 3-5 times a week. Do [exercises that support your ankle, knee, and hip joints](#). Exercise will help you keep your joints in good condition. Building your muscles around your joints will help them stay strong and support your body.

## Move more daily

Beyond exercising, you should keep your body moving more on a daily basis. If you spend most of your day sitting, your muscles and joints may become stiff and not move as easily.

You can do small things every half hour at your desk at work to keep yourself moving:

- Try standing up and stretching for a few seconds before you sit back down.
- You can stay in your seat and tap your feet from side to side. Start with your feet in front of you and move them to one side slowly, then back in front, then to the other side.
- You could also take the stairs instead of the elevator.



Just make sure that you are finding small ways to add more movement into your daily life.

## Ask for help

We all want to be independent, but you might find a whole new world when you ask for help with certain things like learning how to use new equipment at the gym. So make this a goal for the new year.

Asking for help can prevent injury and keep you healthier in general too. If you have a fitness goal, like increasing your max on the bench press, have a friend help you achieve this goal by being there in case you need help.

If you have a project that is dangerous, like taking down your Christmas lights, make sure that you have a family member or friend around helping you get it done. Have them spot the ladder so it doesn't fall over while you are on it.

You don't need to get help doing everything, but when you do NEED help, ask someone close to you to help you out. You will both be glad you did.

## Get a doctor's checkup

Are you one of those people who puts off regular doctor's visits? An annual checkup gives your doctor the opportunity to help you live healthier. They may even have helpful tips for dietary changes specific to your individual needs.

These regular checkups are also great preventative care to catch illness and injury before they get worse. If you are experiencing regular pains from a recent injury, they can also refer you to a specialist to get the treatment you need to live your life the way you want to.

Take the steps that you need to care for you. It's okay to put your health needs first.



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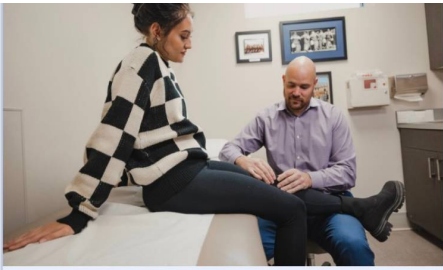
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