



A New Year to Focus on Health

Psychologists say the new year can have a **“fresh start effect,”** which can spark reflection, boost motivation and help us leave past setbacks behind. Use this moment to renew your goals and take small steps toward lasting well-being.



Healthy Habits Made Simple

- » **Start small:** Add a 10-minute walk to your day.
- » **Make it visible:** Keep healthy snacks in sight or workout shoes by the door.
- » **Make it enjoyable:** Choose activities you love — dance, yoga, or a brisk walk.
- » **Make it social:** Invite a friend or coworker for accountability and fun.



Reset & Reconnect

- » Practice forgiveness and let go of past disagreements.
- » Show appreciation and gratitude for the good things, big and small.
- » Schedule quality time with loved ones or colleagues — without digital distractions.



Team Challenge: Thrive Together

Set a team **Thrive Goal** for 2026 using SMARTIE principles (Specific, Measurable, Attainable, Relevant, Time-bound, Inclusive, Equitable).

- » Take weekly team walks or Instant Recess breaks
- » Offer healthy snacks at meetings
- » “Thrive Thursdays” with movement breaks
- » Participate in a Go KP wellness challenge
- » Begin huddles with a mindful moment



SMARTIE GOAL:

Example: “Our team will increase physical activity by adding one 10-minute movement break to the workday, at least three times per week, for the month of January.” Make this goal **inclusive** by allowing all team members to participate, even remote staff. Make it **equitable** by including accessible activities, such as walking or stretching.

RESOURCES:

- » [Go KP](https://kp.org/gokp): kp.org/gokp
- » [Instant Recess](https://kp.org/instantrecess): kp.org/instantrecess
- » [Wellness coaching](https://kp.org/coaching): kp.org/coaching (no cost for KP members)
- » [Unit-based team health equity toolkit](#)

