



Looking to be a whole new you this new year?

It's a whole new year. A time for lifestyle changes, broken habits and resolving to be better.

However, if your resolutions tend to fizzle out around February, we can help you keep the healthy changes going.

[Read more](#)

#WebinarWednesday

January's webinar focuses on **mindful eating**. We'll explore how this practice helps you slow down, savor food and connect with your senses.

Mindful eating

If you missed or want to revisit a past webinar, you can find them on our [Wellness](#) page.



Having trouble losing weight?

Have you ever made a new year's resolution to lose weight but ended up hitting a plateau by mid February? There may be something secretly standing in your way.

Check out the Scrubbing In blog for [6 sneaky reasons sabotaging your weight loss goals](#).



Walk with a Doc

Learn about a health topic and get your steps in at the monthly Walk with a Doc series.

After a brief talk by a featured physician, participants will walk around an area park. All ages are welcome, and you can walk at your own pace. When you arrive, look for Walk with a Doc signs.

Find a walk

Your "Why" Can Take You Places



Create a purposeful path to your well-being goals. With **Side Quests**—a new feature from **the BSW Be Well Program**—you'll write your "why" for working toward a well-being goal. Then, personalize a plan of action and stay motivated every step of the way.

Side Quests can be the reason for embarking on a well-being journey or a secondary goal you work toward. Visit the "Choose Your Own Adventure" page and select a goal today:

- **Timed Exercise** - Pick your favorite exercise and commit to it for a set amount of time each week.
- **Mindful Minutes** - Help ease stress by putting aside time for mindful activities during the week.
- **Quality Sleep** - Challenge yourself to start healthy sleep habits that can help you wake up feeling more refreshed each day.
- **Daily Steps** - Connect your fitness tracker and commit to a certain number of weekly steps.

Your "why," your way

Get the support you need to arrive at your healthy place, at your pace. Get started today at my.bswhealth.com/login

Download our app, Wellness At Your Side

1. Visit the Apple App Store or the Google Play Store and search for "Wellness At Your Side."
2. Download the app and enter your connection code: BSWHP.
3. Register a new account on the WebMD ONE portal and personalize your experience by answering a few questions about your health goals.

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