

- Health self-care / Nutrition

# Make your health a priority this 2025

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EVERY new year, we often hear the familiar phrase: This year will be different.



It's a time to break bad habits, pursue long-standing goals, and build a healthier future. Each January brings the promise of a fresh start—an ideal moment to quit smoking, adopt cleaner habits, and prioritize overall well-being.

Yet, these resolutions often fade. What feels achievable at the start can quickly become unsustainable or out of reach. The truth is, waiting for the perfect time often leads to missed opportunities.

That's why investing in your health now is the best course of action. Seize this moment to make lasting changes because the future you're working toward deserves more than a fleeting resolution. It's about creating a foundation for a healthier, stronger life—not just for this year, but for years to come.

To improve your health, begin by getting screened for preventable diseases such as the human papillomavirus (HPV), which can lead to cervical cancer and other related illnesses. Make it a habit to drink more water daily and include short walks in your routine to stay active. Prioritize quality sleep and be mindful of your diet by choosing nutritious foods. Lastly, consult your doctor about recommended vaccinations to protect your health.

## Drink more water daily

Water is essential for nearly every bodily function, from digestion to joint health. Carry a reusable water bottle with you and take small sips throughout the day. Gradually aim for four to six cups daily, adjusting based on your body's needs and activity level.

## Incorporate short walks into your routine

Walking is one of the simplest forms of exercise. A two-minute walk after meals can aid digestion, lower blood pressure, and help regulate blood sugar. Over time, walking can become a natural part of your routine as you gradually increase your time and distance.

### Get quality sleep

If you feel irritable or struggle to focus, you might not be getting restful sleep. Set a consistent bedtime and wind down with a relaxing routine. Reducing screen time and limiting caffeine before bed can also improve your sleep quality.

### Be mindful of what you eat

A balanced diet rich in vitamins like C, D, B6, B12, Omega-3, calcium, and iron supports immunity and hormonal balance. Add more whole foods—fruits, vegetables, nuts, and whole grains—to your meals. These nutrient-dense foods fuel your body for optimal function.

Additionally, monitor your sugar intake by gradually replacing one sugary drink or snack each day with a healthier option, such as herbal tea or fruit.

### Get screened for preventable diseases

Regular screenings for HPV, diabetes, or cholesterol are essential. Detecting potential issues early allows for effective management or treatment before they become serious.

Make annual screenings a priority or follow your doctor's recommendations.

### Consult your doctor about vaccination

Vaccines prevent serious health issues, particularly HPV—a virus that can cause cervical cancer and other diseases like anal, oropharyngeal, penile, vaginal, and vulvar cancers, as well as genital warts.

Vaccination can greatly reduce your risk of developing HPV-related diseases. This simple step can help eliminate HPV as a health concern, allowing you to focus on other aspects of wellness. Consult your healthcare provider about the HPV vaccine.

Starting with small, sustainable changes can lead to significant health improvements over time. By investing in your well-being today, you're building a healthier, stronger future.

Learn more about how to invest in your health at <https://guardagainsthpv.ph/>.

This is an educational message provided by MSD Philippines.