- Health self-care

Simple health habits to start the year

Manila Standard · 15 Jan 2026 · C4 · Eat balanced meals Stay physically active Prioritize sleep

NEW YEAR'S resolutions are easy to set and often hard to sustain, particularly those tied to healthier living.



Health advocates say one reason resolutions fail is that people aim for drastic lifestyle changes while juggling work, side hustles, and social commitments. A more manageable approach, they note, is to focus on small habits that fit into daily routines.

Here are five commonly cited practices that health experts recommend as practical starting points:

Rather than following restrictive diets or aiming for perfect eating habits, nutritionists suggest focusing on balance. Meals that include vegetables, protein, and fiber can support overall health, even when schedules occasionally lead to fast food or skipped meals.

Regular movement supports heart health and mental well-being. Experts say exercise does not need to involve long gym sessions. Short walks, brief home workouts, or recreational activities such as dancing, yoga or sports can be effective if done consistently.

Hydration is often overlooked during busy workdays. Drinking water regularly helps maintain focus and energy levels, according to health professionals.

Reducing sleep to gain extra work hours can be counterproductive.