A weekly resource for your well-being





A TIP FOR TENNESSEANS

January 3, 2017

What's your "why"?

When we wake up every day, we begin making choices: what to wear; what to eat; what to listen to on the way to work—news, music or silence. And, even if our choices are similar, our reasons why can be very different. The same is true for our health choices. Many of us exercise, but why do you do it? Lots of people try to eat a balanced diet, but why do you choose to do so?

Connect with us.

Get inspired and stay up-to-date on

ways to get and stay healthy.

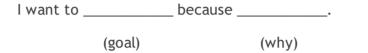
Share your "why" today on

ParTNers for Health Facebook,

Twitter, or Instagram using
the hashtag #CommitToYourWhy.

Let why be your guide

Do you have a health goal for 2017? If so, name it, and then state your why. Fill in this sentence:



Your why is:

- **Personal.** You do what matters most to you. Whatever your goal is, your *why* is as unique as you are.
- Purposeful. Whether it's to look good for your high school reunion or be strong enough to keep up with your kids, your why has meaning. And it can motivate you to stick to your goal. In fact, studies show that simply having a goal or making a resolution greatly "ups" your odds for success as compared to not making one at all.¹
- Valuable. Your why adds something good to your life and is worth the effort.

Are you on a journey this year to find your *why*? Keep it? Update it? Over the next few weeks, watch for emails on ways to record, share and commit to your *why*.



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24/7 NURSE ADVICE LINE:

1.888.741.3390

Sources:

¹ Journal of Clinical Psychology 2002 Apr;58(4):397-405. Auld lang syne: success predictors, change processes, and self-reported outcomes of New Year's resolvers and nonresolvers. Norcross JC, Mrykalo MS, Blagys MD., Department of Psychology, University of Scranton, PA 18510-4596, USA. Pubmed.gov PMID: 11920693 [PubMed - indexed for MEDLINE]







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You can realize your best health and well-being when given the proper support. Healthways meets you where you are and takes you where you want to go, creating better health and well-being for a better you.

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