



HEALTHY LIFESTYLE

RESOLVE TO LIVE A HEALTHIER, HAPPIER LIFE IN 2025

By *Your Health Staff*

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Happy New Year, Mid-South!

Have you made any firm decisions yet for 2025?

If you look up the word "resolution," you might see it defined as "a firm decision to do or not do something." At [Healthier 901](#), we love the reminder that our **resolutions are strong choices we make for our own well-being** and the well-being of our greater communities.

Progress Toward a Healthier Mid-South

We've had resolutions on the brain of late ('tis the season, after all) as we reflect on a year of steady progress toward our community-wide resolution to help the Mid-South lose one million pounds over three years. Healthier 901 was launched as a rallying cry to combat obesity, heart disease, cancer and other conditions that diminish lifespan and quality of life for individuals across our region—and since its inception, **more than 11,000 people have joined the movement to achieve a better quality of life.**

"This community's strength lies in our shared resolve to address challenges and work toward the common goals of longer life and better health for everyone," said Tabrina Davis, vice president at Methodist Healthcare. "Healthier 901 was formed because we know when individuals come together with a unified resolution, they can achieve remarkable change. So whether you resolve to take more steps in 2025, quit smoking, drink more water, eat more whole foods, stress less or whatever else you feel inspired to change—know you are backed by thousands of members in our growing [Healthier 901 community.](#)"

Celebrating Milestones and Momentum

Our Healthier 901 community has already achieved some remarkable milestones. We've collectively shed over 9,000 pounds, which is equivalent to the weight of two 30-foot, fully loaded travel trailers. We've also taken more than 1.25 billion steps in the last 16 months, covering a **distance of approximately 625,000 miles**. That's like walking to the moon and back and then halfway back again! In addition, we've burned a staggering 149 million calories. And the best part? Our momentum is only increasing.



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Unlocking Your Potential with Healthier 901

We've realized some amazing milestones together, and **it's imperative that we keep going**. It's also vital that we keep growing our reach and connecting more Mid-Southerners to the awesome resources they can access at no cost through Healthier 901. If Healthier 901 is helping you change your life, tell a friend!

And, if you aren't taking full advantage of everything [Healthier 901](#) can offer you (free of charge!), resolve to go the distance in 2025 and access our:

- Healthy recipes, featuring wholesome ingredients and nutritious options to better fuel you and your loved ones
- Goal-setting tips and tools offering you the methods and motivation you need to succeed
- Step-by-step exercises for outdoors, indoors, sitting, high-intensity, low-impact and more
- Interactive on-demand workouts, free to members through our website or app
- Guided lifestyle improvement "journeys" for everything from easing joint pain and snacking smart to emotional well-being and strength training
- [Members-only discounts](#) at partnering local restaurants, fitness centers and more

Join the Movement Toward a Healthier, Happier You

Whatever your personal wellness goals are for the year ahead—whether you're resolved to lose 5 pounds or fifty, to lead a more active life, or to maintain your current healthy weight—we hope you'll lean into all the [resources](#) Healthier 901 has to offer, as well as spreading the word to any family and friends who are reaching for a higher quality of life. Together, we can double down on our resolution to strengthen our communities and increase both our quality and length of life.

Here's to a happier and healthier 2025!

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