



# Be Well

## Find Your Cleanse in 2019

Cleansing is a trendy word in the health and fitness world that is frequently related to eating. However, it's important to remember that cleansing can be relevant to other areas of your life as well. In the simplest form, cleanse means to clean. With the onset of the new year, 2019 is a great time to cleanse yourself of unhealthy habits and improve your personal wellbeing. We'll look at some different examples of cleansing and how you can get a fresh start in 2019!

**The Eating Cleanse:** This is probably the most popular of cleanses. This often consists of eating a healthy diet, sometimes in liquid form. It is important to note that there is not research or science to back up claims that cleansing removes toxins from the body. Some cleansing and detox products have been deemed harmful, so do your research. If done in a safe and balanced way, what cleansing can do is get you off on the right foot for eating healthy again. It is meant to be a short term thing which should be supported with other long term goals. An eating cleanse can be great if you are looking to lose a few pounds, but note that it is not sustainable long term. A simple example of an eating cleanse could be removing high calorie desserts and sugary foods or sodas from your diet for a week. Challenge yourself to do this just once and then you can allow yourself to enjoy them as a periodic treat, rather than a daily food item. When you've accomplished this, start to set other small healthy eating goals and before you know it, you'll be eating healthy and feeling better!

**The Fitness Cleanse:** Get ready to move! The fitness cleanse is all about moving more and sitting less. Let go of bad habits that are keeping you from accomplishing your fitness goals. Challenge yourself to get up and move every hour while you're at work. This could mean doing a series of stretches, going for a walk, or doing 10 push-ups. Sure everyone in your office might watch, but encourage them to join you! Start small, and once you feel you can do this consistently for a couple weeks straight, go ahead and get that new gym membership!

**The Personal Cleanse:** Examine other areas in your life that might be holding you back from living your best life. Maybe there is a toxic relationship, stressful situation, or emotional burden that is weighing you down. It's hard to start fresh and accomplish our goals when we are living in the past. Identify these key things and seek to cleanse yourself of these burdens. Counselors, therapists, or mental health professionals all offer great resources to help you through these situations. Never feel like you need to conquer everything on your own. It is through encouraging ourselves as well others that we are able to find success and happiness. Don't be afraid to find your cleanse this year and start fresh in 2019!

### References:

<https://nccih.nih.gov/health/detoxes-cleanses>  
<https://www.health.harvard.edu/mens-health/an-easier-way-to-set-and-achieve-health-goals>



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