



### How to Maintain Healthy Sleep During Winter

Struggling to get your 7+ hours of sleep this winter? Shorter days and longer nights can throw off your routine, but we've got simple tips to help you snuggle up and stay well-rested all season long.

[Learn More](#)



### 5 Practical Tips For Practicing Mindful Eating

Start the year off strong by eating smart and feeling better. Mindful eating is the secret to enjoying every bite while improving your digestion, dental health and vision!

[Read More](#)

### Mouth Healthy Recipe: Kimchi Soup

Craving something warm and cozy? Try this delicious kimchi soup recipe—packed with probiotics and perfect for keeping you toasty during the chilly months.

[Try Now](#)



### Healthy Foods and Drinks That Can Stain Your Teeth

Teas, dark berries and beets are full of nutrients, but they can sometimes leave your teeth less than sparkling. Here are simple ways to enjoy them without worrying about your smile!

[Watch Now](#)



### Exercise: The Fountain of Youth

You don't have to be an athlete to feel amazing—just get moving! Exercise can improve your bones, body, and even your smile. Are you ready to kick off 2025 with a healthier you?

[Get Started](#)

### 3 Ways to Craft Healthy Mocktails

Dry January, anyone? Check out these three easy tips for making refreshing mocktails that are bursting with flavor and health benefits.

[Learn More](#)



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- Extremely useful
- Very useful
- Somewhat useful
- Not so useful
- Not so useful at all

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