

THE NEW & NOTEWORTHY

START SMARTER WINTER ARC CHALLENGE – WORTH THE HYPE?

Forget January 1st. Leveling up your wellness journey now could be your smartest move yet. The viral TikTok 'Winter Arc Challenge' proposes forming healthy habits in December rather than waiting for the new year—and while the timing makes sense, the approach requires cautiousness.

Why Start Now? Most New Year's resolutions fizzle by February, but research shows habits formed over 66 days are more likely to stick. When approached mindfully, December's slower pace offers ideal conditions for introducing thoughtful, sustainable changes.

Pros and Cons: The Winter Arc method aims to build pre-January momentum and leverage natural year-end reflection to help participants reach their goals. However, watch for red flags like extreme "all-or-nothing" goals, unhealthy comparisons, or pushing

through fatigue. Studies show that people who begin reasonable goals in December report higher success rates by March – emphasis on reasonable.

Next Steps: Choose one meaningful, sustainable addition to your routine this month. Start with 5-10 minutes daily, listen to your body's signals, and remember the best habit is one you can maintain long-term. Share your Winter Arc goal with a friend for accountability, but give yourself permission to modify or pause when needed.