



*Happy
New Year!*

A MESSAGE FROM THE DIRECTOR:
Healthy New Year Resolutions

Every year many New Year resolutions are made with hopes of accomplishing so much...reaching for the stars. Some resolutions are attainable, and some not so attainable. We all make them and after a month or so, we all know what happens...they take a backseat to work, family, school and church commitments. And that is alright as the majority of our fellow resolution makers also fail...including me. We just have to adjust and recommit ourselves to the resolutions that do fit with our busy schedules and lives.

I have been reminded that the meaning of the word resolution means to "be determined to do or not do something." Considering this definition, one resolution that I am setting is to reduce the intake of sugar from my diet...it is in just about everything we eat and drink! So, what will I be doing? I will be taking baby steps for long-term gain such as reading nutrition labels, limiting the intake of sugary foods (fried foods, cakes, pies, sweetbreads, white rice, macaroni, candy, etc.), eating more veggies and healthier snacks, and rethinking my drinks (sodas, tea, diet sodas) and drinking more water.



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New Year's Resolutions

Now, what resolutions have you made? No matter the resolution, a good beginning I recommend is to start with baby steps which just might be the key to being successful in 2020. If you have resolved to lose weight, quit smoking, reduce the use of opioids, and/or get physically active, try these baby steps:

1. Lose Weight: Seek to lose 10 lbs rather than 30 lbs.
While obesity is a major contributor to various diseases, achieving and maintaining a healthy weight should be a lifestyle change for good health now and as you age.
2. Get Physically Active: Walk 30 minutes a day to increase your heart rate, and to strengthen muscles and bones. Getting active will aid in losing weight and reduce chronic diseases (high blood pressure, diabetes, hypertension, cancer, etc.).
3. Eat Right: Eat a variety of fruits, vegetables, and whole grains every day. Limit fast foods. A balanced diet helps maintain a lean healthy weight, boost your natural immune system and enhance one's overall well-being.
4. Quit Smoking: Remember tobacco use is the single largest preventable cause of disease and death. Call 1-800-QUIT-NOW to get you and/or a family member started today.
5. Reduce Use of Opioids: Ask the right questions and find out what the alternatives are!

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