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**A New Year.
Start Healthy Habits Now!**

**Save 10% on Smoking Cessation Aids,
All Vitamins, and Select Supplements.**

7 Steps To Keeping Your New Year's Resolutions!

It's a New Year and for many people that means a fresh perspective and some new resolutions or goals. According to many sources, the top resolutions that people make are: *losing weight, eating healthier, getting fit, quitting smoking, spending more time with the family, going back to school, getting a better job, spending more time with the family, saving more money, volunteering, and traveling...* all great goals! Now here are 7 tips for keeping your New Year's resolutions this year...

1. Be realistic. Maybe you can't achieve *all* of your goals at one time. Have you ever heard this? "*The easiest way to eat an elephant is one bite at a time.*" So, whatever you're tackling this year, take it slow, chunk it down. For example, instead of saying I'm going to lose X amount of weight by such and such date, resolve to eat healthier, have portion control, and move your body for 30 minutes a day.

2. Put it in writing. Some people say, "a goal not written down is just a wish." So put it in writing. Hang your words up where you can see them and be moved by them every day. Who cares if there are sticky notes all over the bathroom mirror, you're keeping yourself motivated here.



3 Make a plan. Do more than write the end goal, architect your journey. How are you going to get from point A to point B? Create a tangible map for this journey.

But the most important thing to remember is you don't have to be perfect. It's okay to relax, and just settle for "*it's good enough*". Enjoy your guests!

4. Have a support team. Get the support of the people in your life who care about you and want to see you reach this goal. Enroll their support by telling them about your plans, you can do this both offline and through social media online.

5. Find Resources to support you. You've got the world at your fingertips and whether you are losing weight, quitting smoking, going to school, or saving money there is probably an App for that.

6. Chart your progress. There is no growth without measurement, so measure! Create a visual system that will help you to chart your progress and keep you on track towards your goals.

7. Don't give up. It's not over til it's over. If there are roadblocks, and there will be, you just figure out a way around them. Don't let anything keep you from your goals this year.



Keeping your resolutions can help you to feel happier and more fulfilled. Be tenacious and stick to your plans. Then next year, you can look back with a sense of accomplishment.

New Items at D&H

Airborne Dual Action-Effervescent Tablets

- Includes Beta-Immune Boosters – Yeast Fermentate
- Includes Antioxidants-Vitamins A, C, and E
- Effervescent tablets dissolve in water



Pediacare Smooth Melts



- Children's pain reliever
- Temporarily reduces fever
- Relieves minor aches and pains due to a cold, flu, headache, sore throat, or toothache
- Cheer-up Cherry Flavor

Giddy Up Soy Candles

- Great gift – clean burning, quality botanical oil fragrances
- Made in Freeburg, MO



Is it your year to quit smoking?

We say it every year. As every smoker knows, there's a number of good reasons to quit smoking. Whether you want to avoid lung cancer or save money, any reason to quit smoking is a good reason. With the arrival of the new year, the resolution to go smoke-free is probably one of the most common, but also probably one of the toughest to see through. Like anything else, your chances of achieving your goal can be greatly improved if you have a plan of attack!

Don't go cold turkey. It might seem like an impressive display of willpower, but the truth is that most people who try to quit by going cold turkey



eventually relapse. It's better to allow your body to gradually adjust to decreased nicotine levels by progressively weaning yourself off of cigarettes instead.

Get help with a quitting aid. If you want to quit lighting up as soon as possible but are worried about nicotine withdrawal, it's a good idea to use a cessation aid such as nicotine patches, gum, or lozenges.



Talk to your doctor. There are a number of prescription medications available to help with quitting smoking, possibly even covered by your insurance plan. Ask your doctor to find out what might work best for you.



Get support and start a hobby. Don't be afraid to ask friends to talk you through cravings! A new hobby or activity can also help to divert your mind from old habits that coincided with smoking.



activity that involves step-like movement, including walking, running, stair climbing, cross-country skiing and even movement as you go about your daily chores.

To use a pedometer, you usually just clip it onto the waistband of your pants, tuck it inside your pocket or even slip it into a purse held close to your body — and then get moving.

Choosing the right device

How do you know which kind of tracker to get? Review these features to see what device may best suit your needs and interests.

- **Ease of use.** Although some pedometers have more features and require more setup than do others, most are quite simple to use. Just clip it on and go, resetting the steps to zero each day when you start over.
 - **Extras.** How much information do you want to collect will influence your choice of device. Some pedometers and most activity trackers calculate time spent in an activity, distance walked and even the number of calories your burn up while being active. Still others allow you to upload your data to computers so that you can electronically track your progress.
 - **Accuracy.** Most pedometers are generally accurate and reliable at counting basic steps. If you want a higher level of precision, however, you probably want an activity tracker.
 - **Display.** Look for a device with a display that you can read in different types of lighting, especially if you'll be using it both indoors and outdoors.
- Price.** The cost of a pedometer typically depends on how many features it offers. Pedometer price generally ranges from \$10 to \$50. Activity trackers typically cost two to three times that amount

Daily Living Aids and Rehab Supplies

15% Off This Month



**Featured Service at D&H:
Free Kid's Gummy Vitamin Program**

We've updated our Free Kid's Vitamin Program and we think you like the changes! Instead of chewables, we have switched to Leader Zoo Friends Gummies. Stop in, sign up and get yours. The only changes from your current routine are that you will have to come in every 15 days and we will need an updated vitamin form on file. Good Health REALLY is Just Around the Corner.

Starting a Walking Routine?

Article excerpt below from Mayo Clinic:
<http://www.mayoclinic.org/healthy-living/fitness/in-depth/walking/art-20047880?pg=1>

Use an activity tracker to help make every step count.

What are activity trackers?

Activity trackers, also known as activity monitors, are the modern equivalent of pedometers. But they do more than count steps. They also calculate calories burned. And many measure sleep quality, compute calorie intake, and serve as alarm clocks or watches. Some display your progress in real time; all can show it later on a smartphone, tablet or computer. Most activity trackers are made to be worn on your wrist, like a watch or bracelet, and can be worn round-the-clock. They are not totally accurate, but overall they provide more activity information than a pedometer does.


Pedometers keep it simple

Prefer to keep things simple? Then a pedometer might be a good choice for you. A pedometer counts steps for any

January Specials		Reg. Price	Sale Price
	PreserVision AREDS w/Lutein 120 ct	\$32.59	\$29.09
	Argentyn 23 1 oz.	\$18.73	\$16.00
	Generic Cetirizine All Day Allergy 100 ct	\$19.99	\$15.49
	Leader Nite-Time Cough 12 oz.	\$6.27	\$5.29
	Leader Clearlax 4.1 oz.	\$5.47	\$4.59
	Closys Mouth Rinse 16 oz.	\$9.99	\$8.79
	Vicks Vaporub 3.53 oz.	\$9.09	\$8.29

Cloth Diapers and Nuby

15% Off This Month



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Thank you for making us your hometown pharmacy!