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**A New Year.
Start Healthy Habits Now!**
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10 Healthy Resolutions for 2016

<http://www.health.com/health/gallery/0,,20452233,00.html>

2016 is a New Year and for many people that means a revitalized outlook and new goals. Here are some healthy ideas for goal setting going into this upcoming year.

- 1) **Lose weight/Get in Shape** – Be realistic about your goal and don't expect it to happen overnight. There will be hiccups along the way, but don't give up. Ultimately, it will mean a happier, healthier you.
- 2) **Keep in Touch** – With old friends and family in person. Social ties are important to happiness. Make sure that you're not only social through facebook, but also in-person. Don't miss out on that coffee date or dinner to get in some face-to-face visiting.
- 3) **Quit Smoking** – It's no secret that smoking is not good for you. So create a plan to quit for good. Smoking cessation aids are available over-the-counter at D&H and a quick chat with the pharmacist can help determine what would be best for you. And don't give up if it doesn't work the first time. The ultimate goal is to be a healthier you. Plus, you will save a lot of money!
- 4) **Save Money** – Evaluate your bills and see where you can cut costs. Creating a realistic budget can also help you on your way to success. Make lists before you shop to guarantee that you are not buying on impulse. Also, think of ways to cut your debt this year and help you in your ultimate saving money plan.
- 5) **Cut Your Stress Level** – Chronic stress isn't healthy for anyone, so put some thought into what creates stress for you. Long hours at work, poor diet, not enough sleep or exercise, and missing out on quality family and friend time can create stress. For 2016, try to think of creative ways to incorporate stress relief and reduce the amount of stressful activities we are participating in. Stress can lead to many chronic conditions including high blood pressure, obesity, insomnia and depression to name a few.
- 6) **Volunteer** – Helping others can make a difference in your own outlook. It could be a food bank, homeless shelter, nursing home, animal rescue, or whatever is meaningful to you. Giving your time to others helps your own state of mind. In 2016, think of one thing you might do to help

someone. This could be someone you know or a complete stranger. Random acts of kindness can also be a way to boost your spirit.

- 7) **Consider Going Back to School** – Whether it be to revamp your career or gain additional skills to support your current employment, people are going back to school well into middle age. It can give you a positive outlook to learn something new and even possibly increase your salary.
- 8) **Cut back on alcohol consumption** – Alcohol in excess is not good for you. It can affect your sleep and cause memory loss or depression. Think about why you are drinking. If it is stress related, consider some of the tips from Cut Your Stress Level. Just like smoking and stress, excessive alcohol consumption can lead to problems. Liver and heart disease, high blood pressure, stroke, mental deteriorations, and various cancers have been linked to alcohol.
- 9) **Increase your Zzzzs** – The amount of hours that you sleep soundly is important to well being. Sleep affects your mood and your appearance. Lack of sleep has also been linked to type 2 diabetes and obesity.
- 10) **Make a Point to Travel More** – Travel gives you a sense of adventure and gets you out of your old routine. Travel can revitalize your spirit and the after effects last long after you return home. If you haven't traveled in a few years, consider putting it on your 2016 list. You don't have to go far to make a difference. It will take you away from your typical daily activities and inspire you.

When creating goals, be sure to be realistic and make out a list and plan in writing. When you take the time to write it down or type it out and think about the steps to get to your goals, you're more likely to achieve them. Celebrate your successes and don't be too critical of yourself for any setbacks. Just keep trying!

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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.

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Quitting Smoking – Make 2017 Your Year!

We say it every year. As every smoker knows, there are 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.



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Increasing your Activity in 2017?

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.

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 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.

January Specials

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|-----------|--|---------|---------|
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| Lubriderm | Lotion Unscented, 16 oz. | \$8.19 | \$5.99 |
| VICKS | ZzzQuil-Nighttime Sleep-Aid, 6 oz. | \$5.49 | \$4.99 |
| Cēpacol | Sore Throat Lozenges, Honey Lemon, 16 ct. | \$3.89 | \$3.49 |
| LEADER | Contact Lens Drops, .5 oz. | \$3.39 | \$2.89 |

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