

The Spinal Column **January 2009**



8 Tips for Making and Keeping Healthy New Year's Resolution

Don't abandon the idea of setting resolutions because you have broken them in the past. Simply readjust the type and number of goals you're setting for yourself.

Be realistic. For example, if your resolutions are to eat healthier, begin by eliminating one unhealthy food from your diet at a time, not ALL unhealthy foods.

Don't make too many resolutions. There's no rule that you have to cover all areas you'd like to change in your resolutions. Pick one or two themes.

Don't set resolutions whose success is based upon factors beyond your control. Saying "I resolve to have a new job by summer" depends not only upon your own initiative, but also upon external factors.

Do set resolutions based upon your own wishes, desires, goals, and dreams and not those of society or those persons close to you.

Do plan intermediate goals if it helps you maintain control. Decide where you'd like to be in three or six months, and check yourself then.

Do use the buddy system. Social support can be a great strengthener of motivation.

Do plan a reward for yourself when the resolutions—or intermediate goals—are met.
Medicine Net



How to Fit in Fitness

Current exercise recommendations call for 30 minutes or more of moderate physical activity five days per week. Sound impossible? Not when you consider there are 1,440 minutes in a day. Can't you take a mere two percent of your time and devote it to staying in shape? If you think it's not that easy, think again.

Timing is everything. Monitor your daily activities for one week, and then identify at least three 30-minute time slots per day that you could devote to physical activity.

Support makes sense. Make sure your friends and family know you are dedicated to consistent physical activity, and ask for their support. You can recruit others to join you, too.

Rest your brain (and bank account). There are plenty of activities that don't require particular skill or cash, such as walking, cycling, jumping rope or swimming.

Don't be afraid to multitask. No, that doesn't mean you should try to do the bills or plan the family holiday party during your designated 30-minute exercise window. It does mean you can jump rope while watching TV, wrestle with the kids, take a family bike ride (which is good exercise for everyone), or do housework or gardening.

So, now that you know how to fit in fitness, what are you waiting for? Find the time, stay on course and enjoy a healthier, happier life. There's no better time than now to start. Your doctor can help outline an exercise program suitable to your needs.

To your health newsletter



SPEED-CLEAN YOU'RE LIFE

MESS=STRESS. Tackle one of these tasks every few weeks for a calmer you.

Freshen your makeup—Products open for longer than a year can harbor bacteria, leading to infections. Look for the open-jar symbol on the back of the packaging—the number inside the jar indicates how many months the item will be good for.

Free up freezer space—Frozen veggies last up to six months; meats and fish up to four months. You should toss anything stashed longer.

Detox your bedroom—Dust mites love to hide in bedding, so put covers on your mattress and pillows. *Fitness Magazine*

*****YOGA CLASSES START IN JANUARY. IF YOU ARE INTERESTED PLEASE SIGN UP AT THE FRONT DESK.**

HOURS ARE: MON—6PM, WED—6PM, FRI—10AM, SAT—8AM.

CLASS FEES: ONE CLASS \$12, 4 CLASSES \$40 WITH A PREPAID CARD.



