



# A New Year and a New Resolve

## Making Your Health Priority

### What can I do to make my personal health a priority this New Year?

1. Keep a food diary for a week or two and really look at your food choices. Perhaps you need more fiber or more fresh fruits and vegetables.
2. Invest in activity! A pedometer is an inexpensive way to track your progress and motivate yourself to be more active.
3. Get the whole family involved and make activity and healthy living a real family affair. If anyone in the family got a Wii for Christmas, how about a fitness challenge?

### Do you know your Numbers?

Your blood pressure, your cholesterol? If not, now is a good time to follow up with your family physician to get those numbers.

### Go to our website,

[www.doctorsdirecthealthcare.net](http://www.doctorsdirecthealthcare.net), click on the secure site, use your username and password and click on **SparkPeople.com** button and enroll in the program. Join our Team and we can support you in all your fitness goals. At Spark you can log in your calories, your time walking, track your distance, even plot a walk path. Meet other like minded people with similar fitness goals. You can plan a diet, even print out a shopping list.

### Did you notice it is getting harder to light up?

In North Carolina, the laws have changed about where and when you can smoke a cigarette. Many businesses, restaurants and public areas are becoming smoke-free as required by law. Maybe now is the time to take that cigarette by the butt and kick the habit! We are excited to offer real support and tools for Smoking Cessation.

Set a quit date, enlist your friends and family and coworkers in supporting your decision to quit and give us a call to help you on your way. You may call 1-877-503-0388 ext 245 and Carol will be happy to enroll you in the Smoking Cessation Program!

Tried before and gave up on it? Try again! It takes the average person many attempts at quitting before they succeed. This could just be the time for You!



*Keeping You Healthy is our Number One Priority!*

**Tech Bites!** Did you get a new touch screen device or Mp3 player as a gift this year? Put it to work for you. There are many wonderful apps for the Ipod Touch and the Ipod that can help you meet your fitness goals. Look up Nutrition or Fitness or any Disease such as Diabetes at iTunes and enjoy! Many are free! There are some wonderful Pod cast that are all about meditation for stress, yoga for flexibility, cooking with less fat or calories. Also, if you are interesting in texting reminders, many online fitness sites allow you to receive reminders and support on your goals. Do you need a daily text that encourages you to take a walk or drink some more water?

### Web resources for more information

[www.doctorsdirecthealthcare.net](http://www.doctorsdirecthealthcare.net)

[www.americanheart.org](http://www.americanheart.org)

[www.cancer.org](http://www.cancer.org)

[www.webmd.com](http://www.webmd.com)

[www.everydayhealth.com](http://www.everydayhealth.com)

### Special points of interest:

- **Schedule your annual physical!**
- Don't forget to get your eyes checked.
- Are your immunizations up to date?
- Get all your needed cancer screenings
- Keep your immune system in shape! Drink fluids, get plenty of rest and take care of yourself.
- **If you haven't had your flu shot, it isn't too late!**

### The Great American Health Challenge

This year, the American Cancer Society is challenging Americans to get healthy. They have created some great resources and tools to get you motivated and moving. These resources include all the guidelines for cancer screenings and general health and wellbeing. Seize the momentum of a New Year and make 2010 the year you Shine!