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New Year, New You!



As the new year begins many of us try to re-evaluate our health and lifestyle habits. This newsletter offers some important tips to help you and your loved ones with keeping healthy lifestyles habits, as well as the benefits, both emotionally and physically that these new habits will offer you. These tips can be achieved by everyone, but sticking to your plan and keeping motivated will help you to achieve a new lifestyle and a new you!

Why should I change? ¹

Improving your lifestyle habits are not only beneficial physically but also emotionally as well. Changing your lifestyle can help to impact many facets of your life including:

- Reduced effects of chronic mental illness
- More energy
- More positive relationships
- Sense of accomplishment
- Increase in self-esteem
- Increased physical fitness

There are also many adverse effects of diets that are high in fat, salt and sugar and low in fiber and vital nutrients. Poor diets combined with lifestyles low in exercise, and high in stress have been connected to issues such as obesity, heart disease, high blood pressure, diabetes and mental issues such depression and anxiety.

So How do I get Started? ^{1 & 2}

Getting started is one of the toughest parts to beginning new lifestyle habits. Many times people feel overwhelmed or try to overdo it and are likely to feel discouraged or just give up. The following are some tips to help you with exercise and lifestyle changes that will gradually ease you into a new you:

- Expect some initial discomfort
- Try to focus on the process of exercise (rather than competing with yourself or others)

- Exercise with a friend
- Look at parks and recreation centers for free or low-cost options for exercise
- Educate your family (learn how to cook healthy meals together and knowledge to pass on to your children)
- Avoid Temptation (clean out the cupboards and office drawers of everything you shouldn't eat)
- Bring a bottle of water with you everywhere you go
- Put motivational tips and thoughts in places that you will walk by constantly (These will help keep your support and energy high)

It's Never too Early to Start



Most people believe that changing lifestyle habits are geared towards people who have health problems or risk factors for healthy issues, but initiating lifestyle changes can happen at any age. Obesity, poor diet, and inadequate physical activity are increasingly common among children and adolescents and are likely to continue into adulthood. Establishing healthy practices at an early age will help to ensure that these lifestyle habits are stuck to; but realize it's never too late to make changes as well! Make your lifestyle changes a family affair. The more people that you surround yourself that make healthy habits will help to increase your chances of maintaining these new lifestyle changes.



Other Healthy Lifestyle Tips!³

- Take vitamins to help get your body working properly (consult a doctor as to what specifically you should take)
- Quit unhealthy habits like smoking, excessive drinking, drugs and other vices. You are in charge of your life, so it's your responsibility to help kick these nasty habits (even if that means getting help from others).
- Surround yourself with a strong support group who will help participate in your healthy lifestyle as well.
- Create a good balance between work and play.
- Remember that you are a unique individual; accepting yourself is key!

Contact Us

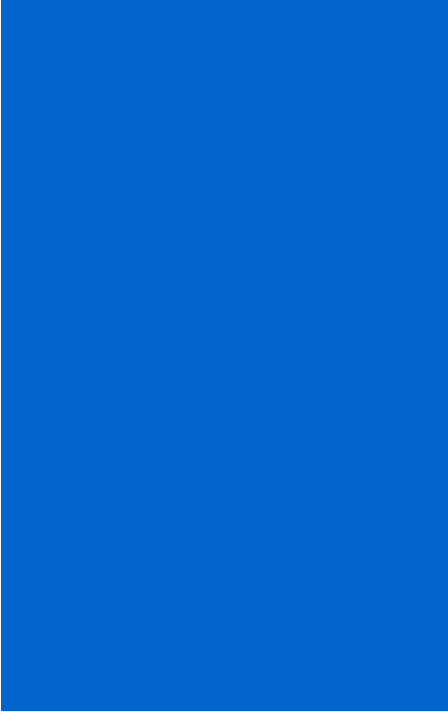
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And blog spot at:

References:

1. The Center for Reintegration, Healthy Lifestyle:
<http://www.reintegration.com/resources/lifestyle/>
2. Healthy Lifestyle Tips:
http://www.teamflex.com/weight_loss_lifestyle/tips.asp
3. Top 10 Healthy Lifestyle Tips:
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