

Celebrating a Healthier You in 2017



It's time again for New Year's resolutions—you may be considering eating healthier, moving more, scheduling a checkup or just taking better control of your health.

Surveys show that one-fourth of all New Year's resolutions are broken by the second week of January. You can make 2017 different. The key is to take simple, positive steps toward better health. Kick off the year with these strategies, and you'll find a healthier you in the new year.

Your Resolution: Eat healthier.

How to Do It: Sneak in ways to get the vitamins, minerals and other nutrients your body needs for good health. This includes fiber and calcium. Eat a nourishing breakfast every day. Include whole grains, low-fat dairy and fruit. Snack on fruits and vegetables instead of cookies and chips. Keep a bowl of fruit on the table and raw chopped veggies visible in the fridge. If winter weather limits your access to fresh produce, try frozen or canned versions. They are often just as nutritious as fresh varieties. If you are too busy to prepare healthy meals and snacks, you may find a partner in your local grocery store. Many grocery stores are catering to your health with prepared and washed produce; bagged salad; and rotisserie chicken. Take advantage of these easy options

Your Resolution: Move more.

How to Do It: Increase your activity level in small ways. For example, decide that you'll be more active every other day of the week. Choose activities that you enjoy, and remember to mix them up so you don't get bored. For example, try walking one day and dancing the next. YouTube can be a valuable resource and offers a tremendous variety of exercise videos—many with a focus on boomers and beyond. There are even chair exercises for those who find it difficult to do traditional exercise. After consulting with your doctor, consider choosing a YouTube exercise video that is a good match for you.

Your Resolution: Lose weight.

How to Do It: Instead of saying, "I'm going to lose 20 pounds," ask your doctor about a good weight for your height, build and age. Then, together with your doctor, set small specific goals to

help you get to your ideal weight. For example, you may want to start by cutting 100 calories a day from your diet. Or to keep cravings at bay, eat just a small amount of your favorite foods occasionally. Keep it fun. Make it doable and sustainable. Slowly incorporating small changes will lead to lasting results. Remember that exercise, in addition to fewer calories, is your friend when it comes to losing weight.

Your Resolution: Get a checkup.

How to Do It: Medicare includes coverage for a Yearly Wellness Visit. Have one with your doctor to review your health needs. It's a great time to get up to date on important screenings and shots. You can also talk about your family history and how to stay healthy. Your PCP can help develop or update a personalized prevention plan based on your current health and risk factors.

Celebrate every healthy change you make. Even small ones deserve special recognition. Congratulating yourself will help you stay motivated to keep it up. You'll enjoy a healthier life as a result of taking care of yourself.

Best healthful wishes for the new year!

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