

FITTING ALL THE PIECES



Central Michigan District Health Department
Promoting Healthy Families, Healthy Communities

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A New Year...A New You

The new year is often a great time to implement changes that you have been wanting to make but perhaps have been putting off. Maybe you've been wanting to finally give up smoking, begin eating healthy, start focusing on having a healthy relationship, or so many other things. But, making and sticking to those changes can be so difficult even with the best of intentions. Here are some tips to hopefully help your changes stick.

Make small changes: Often we set our sights so high that achieving our goal can be overwhelming. For example, we make it a goal to eat only healthy foods in 2014. This is great in theory, but can be difficult and so we will have set backs which can make us feel guilty and sabotage our success. Instead, try setting a smaller goal such as incorporating more fruits and vegetables into your meals. You will be more likely to achieve your goal and continue to implement more healthy eating habits because of your success.

Don't overwhelm yourself: It's fine to take a close look at yourself and realize that there may be several things that you want to change, but attempting to work on them all at once can be a recipe for disaster. Instead, focus on the one thing that you want to change the most and work toward that. Once you have been successful with that goal then you can focus on another goal.

Talk about your goals: Telling those who are close to us can keep us accountable toward reaching our goal. They can remind us when we're reaching toward that cigarette that achieving our quit goal is important to us. We can also gain support from participating in a larger group devoted to reaching the same goal such as a weight loss club at work, AA or NA groups, etc. Talking with people who are experiencing similar set backs and difficulties reaching a goal can help us find solutions and ultimately be successful.

Don't be too hard on yourself: Change is not easy and so plan to have set backs. Being human means we are not perfect...that is just a fact of life. So recognize that up front and know that making mistakes doesn't mean that we can't get ourselves back on track to reach our goal.

CATRINA'S CORNER The new year is a great time for new changes and a time to reflect on where we are in our life and where we want to be.

This issue of the newsletter is full of tips to find a goal and to successfully achieve it. Also, please make note that due to scheduling conflict, our monthly support group will now be on the second Thursday of each month. I hope to see many new faces at these meetings. It is a perfect time to get great information and maybe even make some new friends.

Clinic Dates

January 17, 2014
8:30am - 4:30pm

January 24, 2014
8:30am - 4:30pm

February 7, 2014
8:30am - 4:30pm

February 21, 2014
8:30am - 4:30pm

March 7, 2014
8:30am - 4:30pm



Commitment To Change

Ready.

Willing..

And Able...

Making Health A Priority



I Want to Make Some Changes But I'm Not Sure Where to Start

So, you're ready to make some New Year's resolutions but aren't sure what to focus on? Ask yourself, what is important to me and my happiness. Perhaps it is your health, reconnecting with family or friends, giving back to your community, or something else. After giving some thought, if you are still at a loss as to where to begin consider this list of popular resolutions.

Reduce or quit smoking - Not only is smoking severely dangerous to your health, causing a wide variety of illnesses and lowering your immune system, but is also quite costly. A pack a day smoker spends an average of \$210 each month which adds up to a whopping \$2520 each year. Wow! Just think about what you could do with all that extra cash, not to mention all the benefits to your health.

Increase exercise or physical activity - A body in motion stays in motion, right? So, it makes sense that being physically active is good for us. It can help us lose excess weight, build muscle and strength, lower blood pressure, improve mental health, lower cholesterol and so much more. The best part is that you don't have to go to a "gym" to participate. Think back to when you were a kid. What activities did you enjoy? Swimming, riding a bike, running, gardening, hiking, canoeing, bowling, etc. These can all be good starts to increasing your activity level. Just remember to talk with your primary care provider before beginning an exercise regimen to be sure that it is safe for you.

Reduce stress in your life - What makes you anxious, sad, scared, angry, or stressed? Make a list of these things and think about which ones are under your control. Maybe you have a friend or family member that is always negative or hurtful. It is ok to begin removing the negative stress that is under your control.

Increase healthy foods in your diet - Start out by adding more fresh fruits and vegetables to your meals and snacks. Maybe trade the mashed potatoes one night for a salad or broccoli. Rather than reaching for a bag of chips for a snack, grab an apple or orange. Rather than buying white bread, give whole grain bread a try. With small substitutions here and there, you'll be eating healthy before you know it.

Drink, drink, drink - It's so important to stay hydrated and unfortunately not all drinks are created equal when it come to hydration. Pop, coffee, energy drinks, etc. just don't do your body as much good as plain ole water. A good rule of thumb is to drink at least 8 - 8oz. glasses of water each day.

Reduce alcohol and recreational drug use - Drinking alcohol and using drugs recreationally can not only lower your immune system but can cause a variety of damage to your body including damaging internal organs, as well as potentially causing death. Giving up using these substances can be challenging but there is help out there if you're willing to give it a try. Talk to your doctor or casemanager to find out more about how to get help.

Support Group

January 9, 2014

February 13, 2014

March 13, 2014

April 10, 2014

May 8, 2014

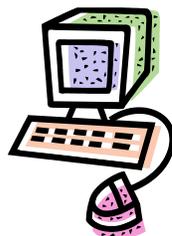
Topics for 2014 are yet to be determined

Support Group meets 1:30-2:30pm. Call Catrina at 989-539-6731 ext. 8221

Websites

www.thebody.com

www.cmdhd.org



Questions? Comments? Concerns?

Contact:

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