

Healthy New Year's Resolutions

The age-old ritual of setting goals for the new year is often met with eye-rolls and skepticism. We've all had the experience of not meeting our goals so it is understandable that after a while, we just stop doing it. What's the point, right?

Well...there is always a point for striving for a healthier, happier life. We should always be happy and grateful for what we have and who we are but also reach for something even better.

So, maybe reframe your new year's goals into a reaffirmation of your everyday, life activities and goals.

It's really about establishing new habits—which can be difficult. Breaking old, less desirable habits and developing new, healthier habits takes more than a once-a-year commitment.

Here are a few suggestions for helping you stick to your goals:

- 1) The minute you wake up each morning, take a few minutes to think about what you want to commit to for the day. A little bit of conscious **mindfulness** goes a long way to interject your long-term goals into a day that might be hectic and full!
- 2) Along with a list of goals, try to **schedule** a time to do activities that help you achieve your goals. Instead of just—take a 30 minute walk, commit to something like:
8am: Take a 30 minute walk. 10 am: 5 minutes of stretching and arm circles. You may be more likely to do tasks that are scheduled into

your day rather than just listed out on a to-do list.

- 3) Focus on the **process** rather than the product. Instead of lose 30lbs, maybe focus on moving more, eating better...the small actions you can do that will eventually result in the overall goal.

Here are a few examples of healthy resolutions:

- Immediately after waking up, drink 16 oz of water.
- Drink between 64-96 oz of water each day (hydration is vital for all aspects of health)

- Eat 2-4 servings of fruit per day (handful of blueberries, two kiwi...)

- Eat 6-8 servings of vegetables per day (one cup of broccoli,

cabbage, kale, spinach, lettuce. One carrot. One stalk of celery...)

- Insert little bits of movement throughout the day (especially if work requires you to sit a lot!) Walk in place 2-4 minutes. Do 10 mild squats. Walk up and downstairs for 2 minutes at a time. Do gentle stretches.
- Get outside as much as possible—get some sun, barefoot in the grass, walk in nature (as weather permits)!

Be gentle on yourself if you don't stick to your goals. Review them once a month, make changes as necessary and then re-commit to doing the best you can. Health is a marathon not a sprint!

Be consistent. Stay focused. Stay healthy!



Lose Weight by BEING HEALTHY!

Have you “tried everything” and still can’t lose those extra pounds?

It might be tempting to jump on the Ozempic® bandwagon and drop those extra pounds fast without effort (at least that is the claim and seems to be happening for many). But, this medication is not without serious side effects (AKA: Harm to your body).

We want you to be able to lose any excess pounds because your body is healthier and your metabolism is working well.

We can do a comprehensive review of the foods you eat and the supplements you take and suggest simple changes that can make a big difference in how well your body functions. Maybe you are taking supplements you don’t need and missing key supplements that could help you. Maybe your digestion needs some help in order for you to absorb nutrients from your food better. Taking isolated vitamins and minerals can cause problems with your metabolism whereas a balanced, whole food supplement could help. No one wants to spend money on supplements that are actually making things worse for them!

Please...let us do a review of your current regime and help make sure you are getting the most out of your efforts.

WILMINGTON CLINIC

Dr. Michael J. Fiscella
Dr. Lauren Cantrell
Dr. Dominic Caruso
4918 Weber Road
St. Louis, MO 63123

Presorted Standard
U.S. Postage
PAID
Avanti Marketing Group

Return Service Requested

Open 6 Days a Week

Morning, afternoon and evening hours M-F and Saturday morning hours

Call for an appointment!

314-353-1477



Sending you warm wishes for a new year filled with love, joy and health!

www.wilmingtonclinic.com