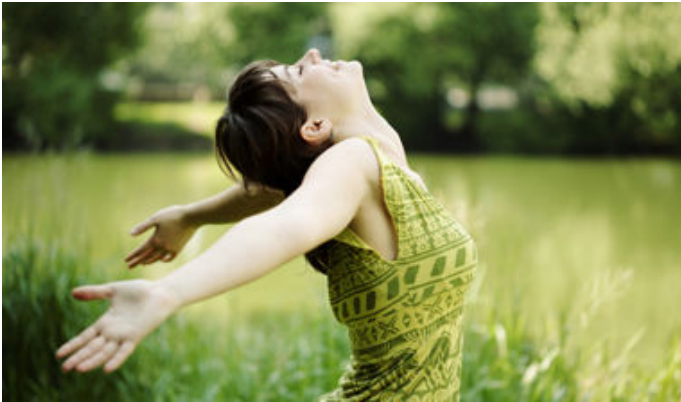


# Good Health News



Health in Motion wishes you good health in 2009!

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## FEATURE

# 10 healthy New Year's resolutions

**WE'RE MAKING** the new year easy for you. Here are 10 Healthy New Year's Resolutions from recent issues of *Good Health News*.

1. Take Vitamin D
2. Eat more fresh fruit and vegetables
3. Get more exercise
4. Spend more time with family and friends
5. Adopt resolutions gradually; don't rush into anything
6. Consider B12
7. Eat a healthy breakfast
8. Stop for a nourishing lunch
9. Always have a light dinner
10. If you're in pain, see a doctor, or your therapist

*Clip the above list, and post it on your refrigerator door!*

## Why the New Year's resolutions may be good for you!

**Vitamin D.** It's winter in Canada. We're not getting enough Vitamin D. Lack of Vitamin D is linked to health problems such as Multiple Sclerosis (Good Health News (GHN #3 & #12). News about Vitamin D also appeared in GHN. (GHN #1, 2, 4, and 5). Low Vitamin D has also been linked to breast cancer (GHN #7), diabetes (GHN #8), and risk of heart attack (GHN #8) No. 6.

**Fresh fruit and vegetables.** It's winter in Canada, and fresh fruit and vegetables are harder to find than they are in August. You may want to stay away from fresh produce from Mexico, Central America and South America. See the recent study in GHN #5 about high residues on produce imported from this area. Also check out the article in GHN #4 concerning a link between the onset of Parkinson's and exposure to pesticides. And GHN #11 has an article about Real Nutrition from Real Food.

**More exercise.** It's still winter in Canada. We tend to stay indoors more, and get less exercise. If you do exercise, keep it up during the winter. If you don't, start taking a walk each day. Then move on to more vigorous activities.

**Family and friends.** We feel better when we spend time with family and friends. Now there's scientific proof that we do. See GHN #11 for an article about how seniors who socialize more, experience less memory loss.

**Don't rush into resolutions.** Our bodies experience change slowly. Before adopting any new health resolutions, check with your doctor or health care specialist first.

**B12.** Most of us know that if you are a vegetarian or vegan, you need to supplement your diet with B12. In addition, B12 benefits seniors, and helps to maintain brain

function. See GHN #12.

**Healthy breakfast.** Eat a healthy nourishing breakfast each morning. It is the most important meal of the day. See the Nutrition Page at our website.

**Nourishing lunch.** Stop for a healthy lunch. Don't snack at your desk, for example. A good lunch refreshes you, and carries you through the afternoon. See Diet articles in the Good Health News Archive at our website.

**Light dinner.** Eat a light dinner. Salad and fruit should outweigh protein and carbohydrates. And try to eat dinner between 5 and 6 pm. If you eat later in the evening, your system has to work harder to digest your meal.

**See a doctor or therapist if you're in pain.** Pain is the body's warning signal that something is wrong. If it doesn't go away, call your doctor, or your therapist. If you call, you can find out if the pain is serious or not.

### **Free back pain workshop at Health in Motion**

Health In Motion will be offering a Back Pain Workshop, February 18, 2009. The workshop focuses on Causes, Prevention, and Treatments. It is limited to the first 12 people who register. This workshop is the first in a series of workshops. There is no charge for the first workshop. See our website for details.

### **What's new at [www.healthinmotionrehab.com](http://www.healthinmotionrehab.com)**

There's a new Career Opportunities Page at our site since your last issue of *Good Health News*.



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