



## **Make Your Resolutions Last! Strategies for a Healthy New Year**



With the chance to embrace a new beginning, millions of Canadians will resolve to lose weight this New Year. Research indicates that up to 70 % of New Year's resolutions are centered on health and fitness, and the

single most popular resolution is weight loss. But in the following days, weeks, and months, the majority of these people will have difficulty finding success. Additional statistics show that more than 68 % of resolutions to lose weight or eat better are broken within three months, and 85 % are broken by the end of the year.

This may sound like a lot of people without willpower, but instead, it may just be a matter of poor planning. In addition, the people who succeed at losing weight and maintaining the loss are usually motivated by a goal much broader and more positive than simply losing weight. They see themselves living a healthy lifestyle, and begin to make therapeutic lifestyle changes.

### **What Are Therapeutic Lifestyle Changes?**

To make therapeutic lifestyle changes means to make choices every day that will enhance your health and help prevent disease, enabling you to achieve a full,

healthy life. By adopting the healthy living habits of a "therapeutic lifestyle," you can better manage your weight and actually increase your years of good health.

The path to optimal health begins with a program that includes these therapeutic lifestyle changes:

1. Knowledge of a healthy lifestyle
2. Balanced eating habits
3. Regular aerobic activity and exercises for strength and flexibility
4. Appropriate nutritional supplementation with nutrients prescribed individually for you
5. Stress management for internal balance
6. Sleep for proper mind/body functioning

### **Recommended for Health**

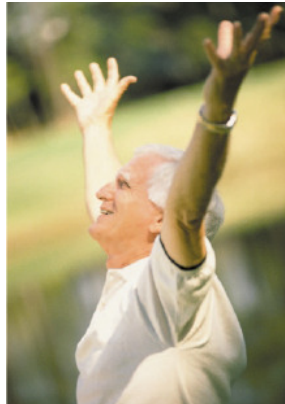
A therapeutic lifestyle program is now recommended by leading health organizations as the "first line of therapy" for many health conditions, including:

- ✘ Stress-related disorders
- ✘ Overweight and obesity
- ✘ Fatigue disorders
- ✘ Diabetes
- ✘ Heart disease and stroke
- ✘ High blood pressure
- ✘ High cholesterol
- ✘ Osteoarthritis
- ✘ Osteoporosis
- ✘ Hormone-related issues such as Polycystic Ovary Syndrome (PCOS), PMS and Menopause



## Getting Started

In order to measure your progress, you first need to know your current health status. Available to you are a variety of health assessments, including a measurement of your body composition (the ratio of your body fat to your lean muscle mass) using Bioelectrical Impedance Analysis (BIA). Excess body fat can greatly increase your health risks. Conversely, a higher ratio of muscle increases your metabolism and creates a larger source of proteins to fend off illness.



Perhaps the most powerful tool in controlling the aging process and restoring vitality is to improve your muscle-to-fat ratio by adding more muscle to your body. But that doesn't mean this is a bodybuilding program in the traditional sense of the word. Nutrition and a healthy diet can give you a workout inside your body, requiring only a simple exercise plan to help you reach your health goals.

*If you are one of the many Canadians at risk of serious health problems due to extra pounds of fat, take the first step toward better health and schedule an appointment at my office today. We can recommend science-based natural treatments and a healthy lifestyle program that can be tailored to your individualized health needs.*

**We can achieve anything we want if we stick to it long enough ~ Helen Keller**

## New Beginning – on the Fitness Front!

by Jennifer L. Salter, MSW

January is a wonderful time to focus on healthy changes we can make in our lives. Positive forward thinking can lift us out of winter doldrums, giving us something uplifting to concentrate on.

Most everyone includes "Regular Exercise" on their resolution wish list. This is no surprise, considering that 75% of us don't engage in enough exercise to reap significant benefits. Although lifestyle change is no easy feat, keeping in mind the tremendous payoffs of physical activity can inch us forward toward better health habits!

1. **Prevent hypertension and cardiovascular disease.**
2. **Reduce your risk of stroke.**
3. **Lower your chances of colon, breast, and lung cancers.** It is clear that in order to protect ourselves against these forms of cancer, exercise must be frequent, high volume, and vigorous.
4. **Take care of your bones!** Both weight training and weight bearing aerobic exercise can help prevent osteoporosis.
5. **Lose body fat and maintain a healthy weight.**
6. **Depression, anxiety, and mood state.** Yes, regular physical activity is helpful for all these! In some cases, it has been shown to be as effective as pharmaceutical drugs for mild to moderate depression.
7. **Reduce stress.**

### Do it for yourself!

External motivators, like comments from family and friends, only provide motivation for about six weeks. Focus on your intrinsic desire for change! Find activities you enjoy, organize your time carefully to fit in workouts, and connect with people who support your journey on the road to better health. Finally, give it six months – the time it takes to establish a lifelong habit. You won't regret it!



**Jennifer L. Salter** inspires, educates and coaches others to a higher level of fitness. Her focus is on helping people with busy lives have a healthier lifestyle. She is highly qualified and has owned and operated her Toronto personal fitness training practice, Lifeline Personal Training, for nearly fifteen years. She can

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