



HEALTHY LIVING

Happy New Year!

How To Make Realistic Resolutions

Losing the last five pounds is undoubtedly a goal on everyone's resolution list. So is going to the gym every day. But in all honesty, they are a tall order. For anyone. Instead of repeating the same failed resolutions every year, why not adjust them to be more realistic? Here are just a few examples:

Failed resolution: Lose five pounds.

Revised resolution: Maintain a healthy body.

Rather than obsessing over the number on the scale, shift your focus on your body instead. If you (re)start an exercise regimen, you will notice your body feels more toned but your weight hasn't dropped. That's because muscle weighs more than fat. A healthy physical body does not necessarily mean it needs to weigh five pounds under your targeted weight.

Failed resolution: Go on a diet.

Revised resolution: Eat all food in moderation.

Diets are usually made to fail simply because it's a temporary fix unless you are able to make permanent lifestyle changes. And it's just human nature to always want what you can't have. So, rather than suppressing yourself from all the "bad" food, eat everything in

moderation and understand the importance of portion control.

Failed resolution: Hit the gym every day.

Revised resolution: Keep active, whenever possible.

Not everyone has the time to commit to the gym on a daily basis. If you do, you might just be able to keep it up for a short period of time. Instead, think long term and commit to a schedule that actually works for you. Aim for three to four times a week. Better yet, adopt better habits during the day by walking to do your errands, taking the stairs and going for a walk after lunch.

Failed resolution: Quit smoking at one go.

Revised resolution: Try various treatments.

We are all aware of the Surgeon General's warning on the dangers of smoking, but it's probably not scary enough to make you want to quit. Going cold turkey may work for some people but their relapse might just be around the corner. There are various resources out there to treat even the heaviest chain smoker. They include: behavioural therapy, nicotine replacement therapy, prescription medication, or a combination of all treatments.

Failed resolution: Do it all.

Revised resolution: Do what you can.

Rather than trying to accomplish everything at one time by yourself, try mapping out your to-do list and set a reasonable timeline. And there is no harm in asking for help from those around you.

HEALTHY MIND

Forgetting Something?

January is Alzheimer Awareness Month

Before you can understand Alzheimer's disease, you must first understand what dementia is. Dementia is a broad term used to refer to a whole host of brain disorders – Alzheimer's disease is one of the causes of dementia and is known to have a fatal outcome.

According to the Alzheimer Society of Canada, there is an estimated 564,000 Canadians living with dementia as of 2016. This number is expected to increase by 66% in 2031 to 937,000 Canadians. The financial impact of dementia is equally alarming as the combined health-care system and out-of-pocket costs is roughly \$10.4 billion in 2016 and \$16.6 billion by 2031.

We know age and genetics are non-modifiable risk factors but to avoid being a statistic of this disease, you can adopt the following healthy lifestyle changes:

- Stay physically active.
- Do not smoke and limit your alcohol consumption.
- Keep your numbers (for blood pressure, cholesterol, blood sugar, and weight) within their suggested range.
- Don't be a loner.
- Eat the right foods and know your portions.
- Reduce and manage your stress levels.
- Try something new to challenge your brain.
- Wear a helmet whenever necessary to protect your brain.

If you or you know someone who might have Alzheimer's Disease, check to see if they are displaying these 10 warning signs, courtesy of Alzheimer Society of Canada:

1. Memory loss affecting day-to-day abilities
2. Difficulty performing familiar tasks
3. Problems with language
4. Disorientation in time and space
5. Impaired judgement
6. Problems with abstract thinking

7. Misplacing things
8. Changes in mood and behaviour
9. Changes in personality
10. Loss of initiative

HEALTHY HEART

Goodness for Your Heart

Food That's Heart Friendly

There is no better way to start the new year than to start eating right. Creating a heart friendly meal plan may sound daunting but it doesn't have to be as long as you add the following items:

Salmon – This oily fish is a great source of protein and offers plenty of omega-3 fatty acids which is good for your heart.

Eggs – This is a versatile food choice as you can scramble, poach, fry or boil them. Any way you cook them results in an abundance of nutrients, including vitamins A, D, E, B12, folate, iron, zinc and choline.

Sweet potatoes – There's nothing sweeter than eating something good and knowing it's also good for you. Sweet potatoes can be mashed or made into fries. When eaten, you'll be enriched with vitamins A, C, B6, potassium and much more.

Avocados – Avocados are a source of good fat and can help lower your "bad" cholesterol. The creamy texture is also an excellent substitute for oils, butter or margarine.

Plain Yogurt – It's loaded with calcium and a good source of protein. Elect to add plain 2% yogurt with your fruits as a breakfast option or use it in dips, sauces and soups.

Any berries – Take your pick in strawberries, blueberries, blackberries, or raspberries. All are excellent choices to provide fibre, antioxidants and vitamin C, which are known to lower your risk of cardiovascular disease.