

Bulldog Health News

Artesia Public Schools

• New Year * New You •

January 2023



Make your health the #1 priority this year!

Now that January is here, life has calmed down slightly, it's time to focus on you and healthy lifestyle choices. A lifestyle choice is a personal and conscious decision to perform a desired behavior that may increase or decrease the risk of injury or disease. Healthy lifestyle choices in our everyday lives can benefit us both physically and mentally. Choosing healthier habits will lead to a longer, happier life along. Plus, it will lower the risk of chronic illness.

Post-holiday season is the perfect time to reflect and think

about those we love and how important our time is together. It is essential that we remind ourselves that taking care of our own health is important and one of the best strategies you can employ to be sure you are able to care for others.

Check out the following 20 healthy lifestyle choices. These strategies are good for your physical and mental health as well as your heart health.

Which one(s) might you try this month? I'm going to give #7 & #14 a try! Wish me luck!

Some ideas of healthy lifestyle choices to implement:

- 1. Exercise Regularly.** If you don't work out regularly, chances are this has been a goal of yours for a while. But sticking with a workout routine is easier said than done. Exercising brings many physical and mental benefits that affect our daily lives.
- 2. Maintain a Healthy Body Weight:** Weight is also an important measure that can determine the development of future disease and illness and also affect existing health concerns.
- 3. Stand More and Avoid Sitting and / or Being Stationary:** Sitting in a chair for too long can be the source of many illnesses. Simply standing up for a few minutes can reduce the risks. Adding simple stretching while you stand up can further improve blood circulation and metabolism.
- 4. Avoid Sugar.** Like many experts say, sugar is not beneficial and is bad for your health. Processed sugar can lead to weight gain, which could be the source of certain illness. Sugar has not essential nutrients and is bad for your teeth. Fructose in sugar can lead to liver damage and can cause insulin resistance, which can cause type 2 diabetes.
- 5. Choose Healthier Fats.** Not all fats are created equal. You should avoid the "unhealthy" fats and choose "healthy" fats as they will affect your physical abilities. Healthy fats can help lower bad cholesterol and help lose excessive weight.
- 6. Eat more Vegetables and Fruits.** Like many nutritionists and health experts say, eating a lot of vegetables and fruits is beneficial to you and your health.
- 7. Drink More Water.** Hydrating yourself is important to many physical and biological activities and benefits. Some benefits of staying hydrated include weight loss, skin elasticity, mood balance, temperature control, and much more!

8. **Get a Good Night's Sleep.** You should get enough sleep because it can reduce your stress and give you the energy for the next day. 7 to 9 hours of sleep are recommended for optimal health benefits.
9. **Stay Away from Your Phone.** Too much time on the phone can reduce your vision, leading to bad posture and can limit your social activities outside of the phone. People call reducing spending time on the phone a "phone diet" which recommends staying away as much as possible because it allows many benefits to come into your life.
10. **Quit Smoking.** Smoking is a habit that causes many fatal diseases. Damages caused by smoking include respiratory disease, cancer, reduce blood flows, and much more that could possibly lead to death. So no more excuses, it's time to quit!
11. **Don't Drink Too Much Alcohol:** Similar to tobacco, too much consumption of alcohol brings unwanted health and daily consumption. Some damages include high blood pressure, liver disease, digestive problems, mental health problems, learning and memory issues, and possible consequences leading to death.
12. **Love Yourself.** Appreciating and loving yourself directly increase your level of confidence and quality of life.
13. **Meet New People.** Socializing and meeting new people can increase your daily expectation and give you the chance to meet those who will connect with you, ultimately leading to life-satisfaction.
14. **Find Activities you Enjoy.** Activities you enjoy would make your everyday enjoyable, will help you commit more to the activity, and make you feel like part of the group.
15. **Get Regular Health Checkups.** You should be aware of the conditions of your body so that you can increase the chance of preventing illness. Regular annual checkups can help this.
16. **Be Aware of Your Family's History.** Understanding your family's health history can make you cautious of possible illness and lead to early prevention.
17. **Say No when Needed.** Doing things that you don't like can cause unnecessary stress. Simply saying "no" is a crucial social skill that can prevent such stress and conflict. You should practice saying "no" to people and situations that you feel uncomfortable or do not want to be a part of.
18. **Reduce Stress.** Stress can reduce the satisfaction of your everyday life. Reducing stressful situations and stress itself can lead to happier days.
19. **Invest Time and Money in Yourself.** Develop yourself is one of the most important aspects of your life. Spending time and money on what you like and appreciate can raise the quality of your daily life.
20. **Do Something Different.** You will get tired and exhausted if you do the same thing every day. Trying something new refreshes your routinised life and encourage you to live more energetically.



**New beginnings are in order, and you are sure to feel some level of excitement as new opportunities come your way.
May you be richly blessed this year!**