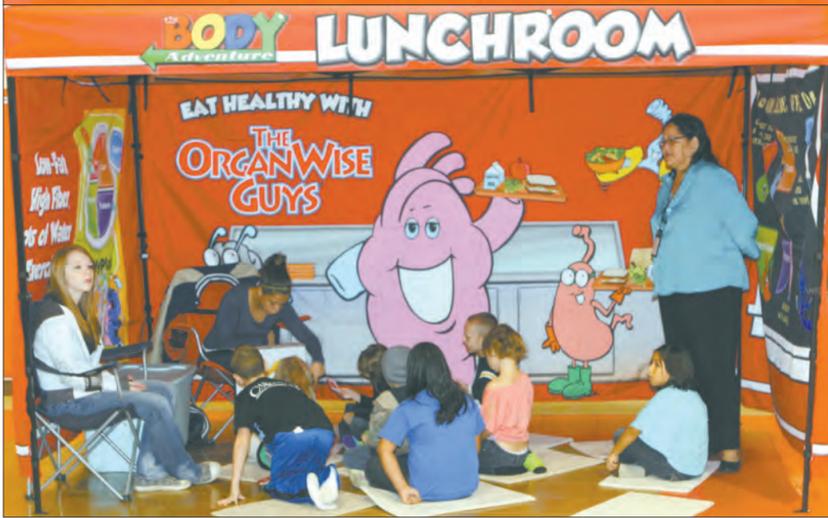


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Top 10 New Year's Resolutions

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New Year's Eve has always been a time for looking back to the past, and more importantly, forward to the coming year. It's a time to reflect on the changes we want (or need) to make and resolve to follow through on those changes. Did your New Year resolutions make our top ten list?

Spend More Time with Family & Friends

Recent polls conducted by General Nutrition Centers, Quicken, shows that more than 50% of Americans vow to appreciate loved ones and spend more time with family and friends this year. Make plans to meet up with friends for an evening of camaraderie at a favorite restaurant or take the family for an outing.

Fit in Fitness

The evidence is in for fitness. Regular exercise has been associated with more health benefits than anything else known to man. Studies show that it reduces the risk of some cancers, increases longevity, helps achieve and maintain weight loss, enhances mood, lowers blood pressure, and even improves arthritis. In short, exercise keeps you healthy and makes you look and feel better. Why not make this time the time to start getting in shape for a popular charity walk, run or ride?

Tame the Bulge

Over 66 percent of adult Americans are considered overweight or obese by recent studies, so it is not surprising to find that weight loss is one of the most popular New Year's resolutions. Setting reasonable goals and staying focused are the two most important factors in sticking with a weight loss program, and the key to success for those millions of Americans who made a New Year's commitment to shed extra pounds.

Quit Smoking

If you have resolved to make this the year that you stamp out your smoking habit, over-the-counter availability of nicotine replacement therapy now provides easier access to proven quit-smoking aids. Even if you've tried to quit before and failed, don't let it get you down. On average, smokers try about four times before they quit for good. Start enjoying the rest of your smoke-free life! There are a variety of free support services, hotlines and smoking cessation classes to help you kick the smoking habit.

Enjoy Life More

Given the hectic, stressful lifestyles of millions of Americans, it is no wonder that "enjoying life more" has become a

popular resolution in recent years. It's an important step to a happier and healthier you! We need things to bring balance to our body, mind and soul. Try something new! Take up a new hobby.

Quit Drinking

While many people use the New Year as an incentive to finally stop drinking, most are not equipped to make such a drastic lifestyle change all at once. Many heavy drinkers fail to quit cold turkey but do much better when they taper gradually, or even learn to moderate their drinking. If you have decided that you want to stop drinking, there is a world of help and support available. There are a number of treatment-based programs, as well as support groups for families of alcoholics.

Get Out of Debt

Was money a big source of stress in your life last year? Join the millions of Americans who have resolved to spend this year getting a handle on their finances. It's a promise that will repay itself many times over in the year ahead.

Learn Something New

Have you vowed to make this year the year to learn something new? Perhaps you are considering a career change, want to learn a new language, or just how to fix your computer? Whether you take a course or read a book, you'll find education to be one of the easiest, most motivating New Year's resolutions to keep.

Help Others

A popular, non-selfish New Year's resolution, volunteerism can take many forms. Whether you choose to help non-profit organizations, mentoring a child, donating things you no longer need, there is a need to help others.

Get Organized

On just about every New Year resolution top ten list, organization can be a very reasonable goal. Whether you want your home organized enough that you can invite someone over on a whim, or your office organized enough that you can find the stapler when you need it, these tips and resources should get you started on the way to a more organized life.

I thought I'd end up on a few funny quotes to start the New Year off right:

If you want to make your dreams come true, the first thing you have to do is wake up. J.M. Power

The best angle from which to approach any problem is the try-angle.

Author Unknown

A New Year's resolution is something that goes in one year, and out the other.

Author Unknown

May all your troubles last as long as your New Year's resolutions.

Joey Adams

The bottom line, let's try to become healthier in our mind, body, and spirit! Happy New Year!!

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