

Resolve to be Healthy in the New Year

The start of the new year is often a time for reflection on the personal changes we want to make in the weeks and months ahead – a welcome chance for a fresh start. Health-related goals are popular New Year’s resolutions; to help you get started, here are some ways to get and keep a Healthy You and a Healthy Home!

Enjoy a new year of healthy possibilities!

Healthy You

- Make healthy food choices. Grab a healthy snack such as fruit, nuts, or low-fat cheese.
- Be active. Try simple things such as taking the stairs instead of the elevator. Be active for at least 2 ½ hours a week.
- Protect yourself from injury or disease by wearing a helmet, sunscreen, or insect repellent when necessary.
- Make sure your vaccinations and screenings are current and schedule a check-up if you haven’t seen your doctor for a while.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer.
- Be tobacco-free.
- Get enough sleep. Remember that sleep is a necessity, not a luxury.

Healthy Home

- Go green. Reduce, reuse, and recycle.
- Install smoke alarms on every floor, including the basement, and particularly near rooms in which people sleep.
- Make your home safer to prevent falls among children and seniors.
- Keep cleaning products and medication out of the reach of children.
- Have an emergency plan and practice it often.

Source: Centers for Disease Control and Prevention

Did You Know?

Weight loss is consistently among the top three New Year’s resolutions. Sharp Health Plan members have access to a variety of weight management programs through Sharp. Learn more about these programs by attending a free orientation. Programs are designed for adults seeking safe, effective and long-term weight loss with medical supervision, in-class instruction, structure and accountability, qualified staff, appetizing food and long-term support.

Orientations are held at locations in Kearny Mesa, East County and Rancho Bernardo. To learn more or to register, call (858) 505-1400.

Best Health
your best. your health. your way.