

# HealthyBy Choice

...One Day at a Time

Volume 11, Issue 1 • January 2016



## Resolutions for a Healthy New Year

New Year's Day always offers the opportunity to hit pause, reflect on our lives and set goals to improve our health and well-being. For many of us, this involves making promises to eat healthier and lose weight. Here's some advice from Stanford Medicine to help you keep those resolutions.

People often jump in too hard, too fast when creating New Year's resolutions. When considering health and weight loss-related goals make sure they are realistic and sustainable. And have a plan!

Find **one thing** you can improve. It may be something obvious, such as not drinking a soda every day. Or, you may want to make healthy habits more sustainable, such as, bringing your lunch to work so you can lose weight and save money. Those who already eat well and exercise regularly may want to adopt a goal on a larger scope and learn to cook or try a new form of exercise.

Begin with just one thing (**just one!**) and make sure it is **SMART** – specific, measurable, achievable, results-focused and time-bound. A **SMART** goal would be something like, "I will walk for 15 minutes on 3 days for one week." Or, "I will prepare one new healthy recipe each week for the month of January."

Life is busy and it isn't going to stop. That's why it's imperative to create realistic goals and increase your awareness about what you're eating. And have a plan!

Sometimes we think we don't have enough time, but if we plan ahead then we can set ourselves up for success.

On the weekend, go to the grocery store and buy five days worth of healthy snacks — nuts, yogurt, fruit, vegetables, nut butter, etc. —and take them into work on Monday. When you're cooking healthy dinner, make two or three extra servings for lunch or dinner the next day.

We are always going to be busy. Stocking your fridge and prepping foods when you have time will make life much easier and make eating healthy a sustainable habit.

There may be days that you don't meet your goal. Acknowledge that and move on. Every day is a new chance to start over, so return to your healthy lifestyle immediately.

Here are some **SMART** ideas to consider:

- Bring your lunch to work Monday-Thursday for the entire month of January
- Eat five fist-sized servings of vegetables or fruit every day for the next week
- Walk for 30 minutes 5 times a week for the month of January
- Go to sleep at the same time every night and wake up at the same time every morning for the month of January
- Do 30 minutes of weight training three times a week for the next 2 weeks
- Use a tracking app (such as myfitnesspal) and record what you eat every day for 5 days



Resolve To Be A Healthier YOU!





Call 800-662-0586 for great monthly specials!

# ProCare PharmacyCare Market Place

QTY	ITEM#	PRODUCT DESCRIPTION	MANUFACTURER	SIZE	FORM	YOUR COST
	530586	Calcium 500 + D	OS CaL + D	400	TB	\$8.29
	530584	Calcium 500 MG + D	OS CaL + D	90	TB	\$4.99
	530392	Calcium 600 + D	21ST Century	400	TB	\$8.29
	570237	Calcium Citrate + D	Citrical	120	TB	\$8.50
	530386	CO Q 10 100MG Bonus	21ST Century	50+25	CAP	\$27.10
	923532	ECHINACEA 400MG	ProCare Rx	100	CAP	\$6.88
	530192	Ferrous Sulfate 65 MG	Feosol	100	TB	\$4.99
	530242	Fish Oil 1000MG Enteric Coated	21ST Century	180	SG	\$9.99
	530208	FISH OIL 1000MG ENTERIC COATED	21ST Century	90	SG	\$7.99
	530013	Folic Acid 800 MCG	21ST Century	180	TB	\$3.99
	530040	Gluco/Chond Max Strength	21ST Century	150	TB	\$24.99
	530044	Gluco/Chond Triple Strength	21ST Century	150	TB	\$27.99
	530050	Glucosamine 1000 MG	21ST Century	120	TB	\$9.99
	530159	Glucosamine Relief 500 MG	21ST Century	60	CAP	\$5.99
	530560	Glucosamine/Chond Plus	21ST Century	120	TB	\$19.99
	530035	Hair, Skin and Nails	21ST Century	50	CP	\$5.99
	095005	Loratadine 10 MG	Claritin	90	TB	\$7.99
	530039	Lutein 10 MG	21ST Century	60	TB	\$7.99
	530219	Magnesium 250 MG	21ST Century	110	TB	\$2.99
	530275	Mega Multi for Men	21ST Century	90	TB	\$9.99
	530276	Mega Multi for Women	21ST Century	90	TB	\$9.99
	501021	Nasal Decongestant Spray 12 HR	Major	.5 OZ	SR	\$1.38
	530045	Omega 3	21ST Century	60	SG	\$5.99
	530377	One Daily Men's	21ST Century	100	TB	\$4.99
	530367	One Daily Women's	21ST Century	100	TB	\$4.99
	530083	Potassium 99 MG	21ST Century	110	TB	\$2.99
	018994	ProSight	Occuvite	60	TB	\$3.99
	530212	Sentry	Centrum	300	TB	\$10.49
	530204	Sentry Senior	Centrum Senior	100	TB	\$5.99
	530005	Vitamin B-1 100 MG	21ST Century	110	TB	\$2.99
	530007	Vitamin B-1 2 500 MCG	21ST Century	110	TB	\$4.99
	530003	Vitamin B-100 Balanced	21ST Century	60	CT	\$6.99
	530011	Vitamin B-12 1000 MCG	21ST Century	110	TB	\$6.99
	530009	Vitamin B-6 100 MG	21ST Century	110	TB	\$4.99
	530029	Vitamin C-1000 MG	21ST Century	110	TB	\$6.99
	530021	Vitamin C-500 MG	21ST Century	110	TB	\$2.49
	530019	Vitamin C-500 MG Chewable	21ST Century	110	TB	\$5.19
	530281	Vitamin E Oil 24000 IU	21ST Century	1.75	LQ	\$6.09
	530012	Vitamin E-1000 IU	21ST Century	55	SG	\$7.99
	570188	Zinc Lozenges	ProCare Rx	30	LOZ	\$4.88



501162



501161



520611



501021



530087



530281



530204

Or Fax your order to: 800-662-0590

Account Name: \_\_\_\_\_ Account Number: \_\_\_\_\_

Contact Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_