



January 2019 Vol 14 Issue 1

HEALTHY



HOME

TIMES

Secrets For Living
A Healthy, Wealthy
& Happy Life

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How to Make and Keep Your 2019 New Year Resolutions

At the start of every year many people wonder how to keep the New Year's resolutions they've set. (Sometimes it seems like resolutions are just meant to be broken.) So here are 9 great tips for making and keeping your 2019 New Year's Resolution better than you ever have before.

- 1. Make smaller & specific resolutions.** Don't make resolutions too big because that could set you up for failure. Set smaller specific ones you can really achieve.
- 2. Write them down.** "A goal unwritten is only a wish." Those who write down their resolutions have a much higher chance of accomplishing them.
- 3. Tell others of your resolutions.** We're more likely to achieve our resolutions when we make them public. You can share with friends, family and/or in social media. Accountability to someone else is a good thing.
- 4. Make a plan.** Your resolution should never just be another to-do list item. Make a plan to succeed.
- 5. Tweak if necessary.** Feel free to tweak the goal if you need to. Look at your lifestyle and revise your goals to make sure they really fit in as you go.
- 6. Celebrate small successes.** If your focus is just on the full achievement, you may feel discouraged and quit. Be sure to recognize your smaller successes along the way.
- 7. It's about progress, not perfection (get back on track!).** If you falter, know that you're in good company. 75 percent of resolution makers slip up within the first two months. A slip-up doesn't mean it's over. Get back on track. You don't have to be perfect, just progressing.
- 8. Keep doing what works.** Once your behavior starts to feel routine, it's easy to assume you have this in the bag and can let down your guard. Keep doing whatever you're doing that's working. Don't let up.
- 9. Believe you can do this.** Henry Ford said, "Whether you think you can or you think you can't, you're right." Believe you're capable of changing, and then get busy to make it happen.

January



Website to check out this month:

Unsplash

This is an awesome site with beautiful FREE photos that have been gifted by the world's most generous community of photographers.

Every photo published on [Unsplash.com](https://unsplash.com) is licensed under *Creative Commons Zero*, which provides users with the freedom to copy, modify, distribute, and use all of the photos without permissions or attribution...for FREE!

You'll love the uniqueness of the photos. With pages upon pages to view, you have thousands of images to admire and choose from.

[www.unsplash.com](https://unsplash.com)

Pharmacist Tip of the Month!

Get Inspired

Tomorrow
is the first blank page
of a 365 page book.
Write a good one.
— Brad Paisley

January Quotes

“The book is called Opportunity and its first chapter is New Year’s Day.”

~ Edith Lovejoy Pierce

“The New Year will be like the old one if you keep doing the same old things.”

~ Jean-Paul Malfatti

Healthy Talk

Johns Hopkins experts have some advice to help you make your healthy resolutions for 2019.

1. Pay attention when you eat. Eating when you’re distracted leads to overeating. Take time to slow down and pay attention to your food, even pausing to put down utensils between bites.

“When you eat mindfully, it’s easier to notice when you feel full, plus you’re more likely to enjoy the foods you eat,” says Johns Hopkins’ dietitian and research nutritionist Diane Vizthum.

2. Be cool and rest up. According to Johns Hopkins sleep expert Rachel Salas, M.D., when it’s time to sleep, it’s time to be cool – literally. Lowering the thermostat to 68 degrees or lower before you tuck into bed can help you sleep better. Darken your room by drawing the curtains or dimming the display on your alarm clock to get quality sleep.

3. Have an attitude of gratitude. *“A daily grateful check-in or keeping a grateful journal is a way to shift your focus and minimize the distorting influence of stress. Reminding ourselves of the small, everyday positive aspects of our lives helps to develop a sense of balance and perspective that can enhance well-being,”* says Johns Hopkins psychiatrist Susan Lehmann, M.D.

4. 30-minutes a day of walking. If you’ve got a busy schedule, take three 10-minute walks throughout your day. *“That’s 10 minutes before work, 10 minutes at lunch and then 10 minutes after work. Make it fun! Grab a partner at work to get you through your lunch routine. Then have a friend or family member meet you for an evening stroll,”* suggests Johns Hopkins physical therapist Stacie Page.

5. The little things make a big difference. Making small, daily changes such as taking the stairs instead of the elevator may seem small, but they can make a big difference for your heart in the long run. *“Individuals who are physically active are much less likely to develop cardiovascular disease”* says Johns Hopkins cardiologist Chiadi E. Ndumele, M.D., M.H.S.

New Year’s Wish

I hope that in this year to come you make mistakes
Because if you are making mistakes, you are:

Making new things,

Trying new things,

Learning, living

Pushing yourself,

Changing yourself

Changing your world

~ Neil Gaiman

The Secret to Health is Love

Love may very well be the most important factor in keeping us healthy and young. Thousands of hours of research show that love and intimacy (or lack of them) are at the root of what makes us sick and what makes us well, what makes us suffer and what leads to healing:

- Being alone increases our chances (by between two and five times) of getting ill and dying young, no matter how healthily we live.
- You'd think that the more people you talk to the more likely you'd catch a cold from one of them. But some research has found the exact opposite. The wider variety of people you talk to often – including partners, children, neighbors, co-workers, fellow volunteers, etc. – the lower your chances of getting the symptoms of a cold, even if you've been infected. Experts speculate that if you're meeting lots of people you'll be happier and therefore have a stronger immune system.
- Among patients who survive heart disease, the ones who did best after five years, weren't married but had someone to confide in. The next healthiest were patients who were married and had a confidant. Following were those who were married but didn't have a confidant. The group members who were unmarried and had no close friend to talk to did worst; half died within five years.
- When women marry, they cut their chances of dying young by half. Men reduce their chances of dying young by five times when they're married. Researchers found that married people are most likely to take better care of themselves, for example, by eating breakfast, wearing seatbelts, exercising regularly, etc. Their healthier habits may also explain why they spend fewer days in bed ill, half as much time in the hospital, and are less likely to become disabled as they get older.
- Happily married men live eight to ten years longer than single or divorced men. Happily married women live three to four years longer than single or divorced women.

May this year bring you the warmth of love, and a light to illuminate your path toward a positive direction. Happy New Year to you!



Thank You!

Thanks to YOU the word is spreading! Thanks to all of our wonderful customers and friends who graciously referred us to their friends and neighbors last month! Our business runs on positive comments and referrals from people just like you! We couldn't do it without you!

A special thanks to all of those who referred us.

Did You Know? January Fun Facts



January is a time of college bowl games. This is how the major college bowl games will line up, culminating with the College Football Playoff National Championship on Jan. 7, 2019. The College Football Playoff semifinal games -- this year the Cotton Bowl and Orange Bowl -- will be played Dec. 29.

Dec 29

Peach Bowl, Atlanta
Michigan (10-2) vs. Florida (9-3)

Cotton Bowl, Arlington TX
No. 2 Clemson (13-0) vs. No. 3 Notre Dame (12-0)

Orange Bowl, Miami, FL
No. 1 Alabama (13-0) vs. No. 4 Oklahoma (12-1)

Jan 1

Sugar Bowl, New Orleans
Texas (9-4) vs. Georgia (11-2)

Fiesta Bowl, Glendale, AZ
UCF (12-0) vs. LSU (9-3)

Rose Bowl, Pasadena, CA
Ohio State (12-1) vs. Washington (10-3)

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“
Success is not final,
Failure is not fatal,
It is the courage to continue that counts.
~ Winston Churchill
”

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