

HealthyBy Choice

...One Day at a Time

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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 thru 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



Take baby steps to Success!



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January is National Blood Donor Month

The American Red Cross needs you to make a resolution to give blood regularly in 2017, beginning with National Blood Donor Month in January. National Blood Donor Month recognizes the importance of giving blood and platelets while honoring those who roll up a sleeve to help patients in need.

It has been observed during January since 1970, and that's no coincidence. Winter is an especially difficult time to collect enough blood to meet patient needs. Unpredictable winter weather can result in blood drive cancellations...and seasonal illnesses, like the flu, may cause some donors to be unable to make or keep blood donation appointments.

Individuals of all blood types are needed, especially those with O negative, A negative and B negative. With a shelf life of 42 days, red blood cells must be constantly replenished to maintain an adequate supply for patients.

At a Red Cross Donation Center:

- Donating blood is a safe process. A sterile needle is used only once for each donor and then discarded.
- Blood donation is a simple four-step process: registration, medical history and mini-physical, donation and refreshments.
- Every blood donor is given a mini-physical, checking the donor's temperature, blood pressure, pulse and hemoglobin to ensure it is safe for the donor to give blood.
- The actual blood donation typically takes less than 10-12 minutes. The entire process, from the time you arrive to the time you leave, takes about an hour and 15 min.
- The average adult has about 10 pints of blood in his body. Roughly 1 pint is given during a donation.
- A healthy donor may donate red blood cells every 56 days, or double red cells every 112 days.
- A healthy donor may donate platelets as few as 7 days apart, but a maximum of 24 times a year.
- All donated blood is tested for HIV, hepatitis B and C, syphilis and other infectious diseases before it can be released to hospitals.

Remember...

- Blood transfusions save lives.
- There's no substitute for human blood.
- Every three seconds, someone needs a blood transfusion.
- About 1 in 7 people entering a hospital need blood.
- More than 41,000 blood donations are needed every day.
- A car accident victim can require as many as 100 pints of blood.
- A pint of blood, separated into components, can help up to three people.
- It's safe, simple and it saves lives.



Visit www.redcrossblood.org for additional information regarding donating blood, including whether or not you are eligible, and locations of blood drives and donor centers near you.



Be an unlikely hero...donate!

