



# UMRHN

UPPER MIDLANDS RURAL HEALTH NETWORK

## January 2016 — Ringing in A Healthy New Year

Here are some New Year's resolutions for a happier healthier you!

**Lose Weight.** If you are overweight, lose weight to be healthier and have more energy. If you are at normal weight, increase your physical activity to become more fit.



**Stay in touch with Family and Friends.** Being connected with those you care about is important to your overall happiness and mental health.



**Quit smoking or using vapors.** Smoking is harmful. We are only just beginning to learn the harmful effects of vapors. Quit chewing tobacco. Chewing tobacco puts you at risk for a number of cancers.

**Cut your stress.** Find a way to laugh each day. Laughter helps relieve stress. Find ways in your everyday life to reduce the stress you feel and then practice coping mechanisms to deal with the stress you still have.



**Travel.** Get out of your routine. Get away from the work in the office and the chores at home. Come back refreshed. Don't be a person who never takes a vacation.

**Get more sleep.** Adults need 7-9 hours per night. Sleep is important for clear thinking, memory, attention, learning and appearance.



**Cut back on alcohol.** Heavy drinking is related to many health problems.

**Incorporate at least 30 minutes of moderate physical activity into your daily life!**



**Brush and floss your teeth each day.** Remember that you only floss the teeth you want to keep!

**Save money.** Save money for future retirement and unexpected expenses.



### Author

#### HIGHLIGHT

Sandy Kammermann, MS, EdS  
Education & Research Director  
John A. Martin Primary Health Care

Providers:  
Charles McElmurray, MD  
Mark Shaffer, MD  
Lane Bowen, FNP

Contact Info:  
56 US Hwy 321 Bypass North  
Winnsboro, SC 29180  
P 803-635-6099



**Volunteer.** Be a volunteer to see that the world is bigger than you.