New Year, Same ‘Ole Resolutions
How to Make them Stick

Have you ever wondered why so many New Year resolutions are based on achieving a healthier lifestyle? Many of us resolve to stop smoking, start eating balanced and nutritious meals, start exercising regularly, lose that extra weight we’ve put on, and learn how to handle our stress in a more positive way. Most of us are certainly aware of how our lifestyle choices directly impact our health and our emotional well-being. With so many potential positive outcomes, why does it seem so difficult to actually achieve those New Year resolutions? Here are some tips to assist in your personal quest for achieving a healthier lifestyle in the coming year:

1. Set Realistic Goals.
   When setting a goal, make sure the goal is realistic and obtainable. For example, don’t set a goal to lose 20 pounds by the end of the first month. Set an obtainable goal such as losing 1 to 2 pounds a week. Also, when setting a goal make sure you are really ready to make the change in your life necessary to reach your goal. If you are going through a particularly stressful and challenging time in your life, this may not be the best time to start a weight loss program. A more realistic goal for achieving weight loss may include walking 5 days per week for 30 minutes.

2. Be Specific.
   Turn your goals into specific behaviors. Don’t say you are going to exercise on a weekly basis. This does not tell you what exercise you are going to do, or how long or how often you are going to do it. Be specific. A more productive way to state your goal would be to say, “I’m going to walk 5 minutes every day and increase my walking time by 1 minute a week until I reach 30 minutes of walking per day.” Also, make sure you are going to be successful reaching your behavior change right from the start. Resolutions need to be things that you can actually accomplish.

3. Be Committed.
   Goals that are reached are those that are firm, well defined, and completely committed to. Ask yourself why you want to achieve that particular goal. What will achieving this goal do for you? Why is achieving it important and how will your life change when you reach your goal? If you’re having trouble making a strong commitment, make sure the goal is the right goal for you and it’s the right time for you to be working on the goal.

4. Hold Yourself Accountable.
   Keeping track of your progress is extremely beneficial when striving to change behavior. Don’t rely on your mind to keep track of your actions because our minds can play tricks on us. Get a calendar and every time you perform your new habit, write it down. Three days without performing a new habit is a sign that you may be slipping, so jump back on track.

5. Be Positive.
   Stay focused on the positive. Pay attention to what is working, not to what is not. Take a small step, then another, then another. Create a mental story of success and picture yourself as you want to be. Focus on the positive feelings you are experiencing as you accomplish change. You may feel strong, confident, healthy, in control and proud of your success.

New Year resolutions really are about behavior change. Set your goals, be committed, record your success and stay focused, and you will most certainly be pleased with the success you will achieve.

Resources: www.webmd.com/balance/guide/how-to-reach-your-goals
Glaucoma is a group of eye diseases that gradually steal sight without warning by damaging the optic nerve. The optic nerve is responsible for sending information from the eye to the brain and back to the eye. In the early stages of the disease, there may be no symptoms. The most likely symptoms will be a loss of vision and often the vision loss is pretty serious before it is noticed.

Experts estimate that half of the people affected by glaucoma may not know they have it. Everyone is at risk for glaucoma. However, certain groups are at higher risk than others.

- Glaucoma is the leading cause of blindness among African-Americans.
- The risk of glaucoma increases after age 40 and even higher after age 70.
- If members of your immediate family have glaucoma, you are at a much higher risk than the rest of the population.
- Other risk factors include: high myopia (nearsightedness), diabetes, and hypertension.

Secondary glaucoma refers to any case in which another disease causes or contributes to increased eye pressure, resulting in optic nerve damage and vision loss. Glaucoma can occur as the result of an eye injury, inflammation, tumor, or in advanced cases of cataract or diabetes. Injury to the eye may cause secondary open angle glaucoma. The most common cause is sports-related injuries such as baseball or boxing. This type of glaucoma can occur immediately after the injury or years later.

There is no cure for glaucoma but early detection is vital to stopping the progression of the disease. People at high risk for glaucoma should get a complete eye exam, including eye dilation, every one or two years. An eye doctor will perform a series of painless tests to check for any changes in your eye or vision. Glaucoma can often be controlled with medications, either eye drops or pills, and if those do not work, surgery, to prevent further loss of vision. So while you’re contemplating your healthy resolutions for the New Year, don’t forget to add “schedule wellness appointments” to your list.

http://www.glaucoma.org/learn/what_is_glaucom.php
http://www.glaucoma.org/learn/are_you_at_risk.php
http://www.webmd.com/eye-health/tc/glaucoma-topic-overview
Encouraging employees to choose healthy lifestyle behaviors is a challenge for every company, and the medical offices of Physician's Primary Care of SWFL are no exception. “We are talking to our patients and teaching our patients about weight-loss and exercise and decreasing the problem of obesity in society and we have to practice what we preach,” explains Dr. Sarah Krauss, an Obstetrician and Gynecologist with Physicians’ Primary Care. Therefore, the physicians’ group embarked on its first worksite wellness initiative with a “Biggest Loser” Challenge.

In April of 2008, Physician’s Primary Care kicked off a 12-week weight-loss challenge. Participants were assigned teams, many of which even worked out together. The teams weighed in weekly and those with the greatest weight-loss received cash prizes and gift certificates. This was a very successful wellness program with 115 participants, almost 50% of the staff, and a total weight-loss of 718 pounds.

Physicians Primary Care is taking advantage of the momentum created from this program. They are following with another worksite wellness initiative, “Walk Your Way to Wellness,” to increase physical activity. This month they will take it a step further by implementing a smoke-free workplace policy. Congratulations to Physician’s Primary Care for embracing a healthy lifestyle and setting an example for their patients!

Spicy Taco Soup

Ingredients:
1 lb ground beef (extra lean)
1 onion, chopped
2 14.5 oz cans diced tomatoes with green chilies (no salt added)
2 15 oz cans pinto beans (drained)
1 15 oz can black beans (drained)
1 15 oz can cream-style corn
1 package ranch style dressing mix
1 package taco seasoning
1 cup water (or broth), optional

Instructions:
Brown beef and onions in a medium pot. Drain excess grease. Add remaining ingredients, stir and simmer for 20 minutes. If it seems a little thick, you can add some beef broth or water to it while it is simmering. This is great with cilantro and a dab of sour cream! Makes 8 servings of about 1 1/2 cups each.

Nutritional Information per serving:
Calories: 281.5; Total fat: 10g; Sat. fat: 3.9g; Chol: 39.1mg; Sodium: 466.8mg; Carbs: 29.6g; Fiber: 8.5g; Sugars: 5.9g; Protein: 17.9g
Benefits of Ballroom Dancing

Did you know that getting physically active was as easy as the Cha-cha-cha? For anyone hooked on “Dancing with the Stars”, it is not difficult to see that an hour of Salsa dancing packs the same calorie burning potential as a 40-minute jog. In addition, you don’t have to have the best coordination to learn.

According to the National Heart, Lung and Blood Institute, ballroom dancing provides multiple benefits including:

• Lower your risk of coronary heart disease
• Strengthen your heart and reduce heart rate at rest
• Weight control
• Strengthen bones and joints of the legs and hips
• Increase stamina
• Strengthen and tone muscles
• Improve circulation
• Increase flexibility
• Improve balance
• Relieve stress and boost mood

One of the primary advantages to ballroom dancing is that learning new steps helps to prevent boredom and there is enough variety to avoid overuse injuries. That is a big seller for anyone who hates to exercise. In fact, the New England Journal of Medicine published a study conducted by Dr. Joseph Coyle, Department of Psychiatry at Harvard Medical School, showing that ballroom dancing is associated with a lower risk of Alzheimer’s, the most common form of dementia. Most likely because of the mentally challenging aspect of learning dance steps. It is also low-impact, making it an option for many people suffering joint problems.

Are you ready to do a jig but do not know where to find ballroom dance instruction? Besides the commercial dance schools, you can take classes at universities, community colleges, and local public schools have community classes offered at many locations in the evenings. Even fitness centers are getting in the swing of ballroom dance. You can also go to www.usadance.org, the dance organization recognized by the Olympic Committee, to view local chapters. They offer frequent social dances and most of them start with a one-hour dance lesson. Many chapters offer affordable weekly group dance lessons, especially for beginners.

http://usadance.org/

Coyle, Joseph T. Use it or lose it; Do effortful mental activities protect against dementia? New England Journal of Medicine, June 19, 2003; Vol. 348: 2489-2490: No: 25.