



Reach for Realistic Resolutions

Ditch those pie-in-the-sky New Year's resolutions you make every year. Here are some new year's resolutions health experts wish you'd really make:

- **Eat more of the right foods.**

For example, resolve to fit in more probiotic foods, like miso, apple cider vinegar, and yogurt to improve your mood and cut cravings. If you do want to cut out guilty pleasures, don't nix them completely. Enjoy your cravings once in a while.

- **Go to sleep earlier.** If vowing to get eight hours of sleep every night is totally unrealistic, tell yourself you'll go to bed 15 minutes earlier than your usual bedtime, then keep shifting that number earlier and earlier. If you keep doing it, eventually you will be going to sleep an hour and a half earlier.

- **Clean your mind daily.** Instead of telling yourself you'll be more organized this year (as you've vowed last year and many years before that), try meditating once a day. Mindfulness will help center you. Thirty minutes of meditation



every day was shown to improve symptoms of depression and anxiety.

- **Take steps to lose weight.**

Really, take more steps. Instead of just worrying about working out during the week, turn your focus to accumulating more steps during day-to-day activities. Even 500 extra steps for five days will lead to significant changes. This way, you're focusing on overall wellness (hello, healthier arteries!) rather than just shedding pounds.

- **Define every day.** Pick a new word to live by each month — positive ones like “friendly” or “wholesome”— and apply it to your daily actions. Post your word somewhere you can see it or set it as your email password as a reminder.

- **Quit smoking.** Smoking increases your risk for every disease out there, from heart disease to cancer. If you're one of the nearly 70 percent of adult smokers who want to quit, it'll likely be hard to stop cold turkey, but it is possible. For cigarette quitters, splurge on something nice. The catch: You can only use money you save from not smoking.

Source: Reader's Digest

Make an Appointment in Advance

To better serve our patients, we request calling in advance to make an appointment during our operating hours.

Though we do our best to accommodate walk-in patients, your wait time can be considerably shorter with just one phone call!



What is RSV?

Respiratory syncytial (sin-SISH-uhl) virus, or RSV, is a common respiratory virus that usually causes mild, cold-like symptoms. Most people recover in a week or two, but RSV can be serious, especially for infants and older adults. In fact, RSV is the most common cause of bronchiolitis (inflammation of the small airways in the lung) and pneumonia (infection of the lungs) in children younger than 1 year of age in the United States. It is also a significant cause of respiratory illness in older adults.

Many of the first symptoms of RSV infection are similar to the common cold. Infants and young children may

have fever, reduced appetite, runny nose, cough, and wheezing.

RSV spreads when an infected person coughs or sneezes, or shares cups and eating utensils with others.

You can help protect yourself and others from RSV infections by washing your hands often with soap and water for 20 seconds. Avoid touching your eyes, nose, and mouth with unwashed hands.

Call Legacy Health & Wellness if you or your child is having difficulty breathing, not drinking enough fluids, or experiencing worsening symptoms.

Source: cdc.gov

Flu Season is Here; Get Your Shot

In the United States, flu season occurs in the fall and winter. While influenza viruses circulate year-round, most of the time flu activity peaks between December and February, but activity can last as late as May.

In addition to flu viruses, several other respiratory viruses also circulate during the flu season and can cause symptoms and illness similar to those seen with flu infection. These respiratory viruses include rhinovirus (one cause of the “common cold”) and respiratory syncytial virus (RSV).

Flu shots are available at Legacy Health & Wellness at no cost.

Source: cdc.gov