



JANUARY '15 WELLNESS LETTER



Dear Patients and Friends,

I hope this new start to the year finds you doing well and rested from the holidays! Thank you for all of the good wishes received from all of you. My staff and I really appreciate the opportunity to be part of your health care team.

By now, most of you have either written down your resolutions or at least have them in your head. Others don't even bother because they know they never keep their resolutions. Look no further than the gym in January and then in February and by March you know who is serious about change. **Change** is the theme of this message. A new year creates an opportunity to make changes.

My daughter loves the Brady Bunch as being an only child she loves how the siblings interact with each other. It's interesting to explain to her how things "used to be" compared to now. Look no further than the Brady station wagon. She also loves I Love Lucy. Look at the hairstyles and dress of those times. These are but a few examples of changes we've lived through.

Flash forward to 2015. Just simply look at the changes in smart phone technology as an example of change. Today we have the Fitbit with apps to monitor our fitness. Employers are now providing employees with this technology and rewarding them for adopting good health habits. Those that don't will pay higher insurance premiums. For many they think this is atrocious. For me, I feel it is about time to reward good behaviors that lower health care costs and put motivation at the wallet where everyone responds the quickest. In the end we will have a healthier population.

2015 presents an opportunity to you for change. If you can measure it you can manage it. This not only includes your weight, blood pressure and temperature, it also includes your blood work, posture and alignment, exercise, sleep and good eating habits. Start by making simple changes daily. That's right, big changes only happen if you take action daily. Pick 1 or 2 areas that you know you need work to improve on. Start right now to list these out and track your daily habits. Reward yourself for success and start implementing a new habit intermittently throughout the year.

Darren Hardy, publisher for Success Magazine says it well: "you cannot go back and make a new beginning, but today you can start on making a new ending". Don't let 2015 end the way 2014 did. You have the ability to live an active healthy lifestyle if you're willing to **change!**

Make it a great year!

Dr. Ed Galvin

