

# NEW YEAR NEW BEGINNINGS!

With the new year upon us, if we just slow down for a few minutes, it is hard not to reflect upon how last year went and how we are going to make the new year a better one. I think our natural reaction is to think positive and ideas quickly come into our heads as to the steps we envision we will take to make great strides forward. Unfortunately, a lot of us seem to be locked into an auto pilot mode and can't seem to leap frog from the pattern we have established in order to effect change.

## ONE CHANGE AFFECT ALL OTHERS

The change I will discuss is of course change in our thought process as far as our health is concerned, although I think changes in one area of your life can also pertain to any other aspect of your life you wish to concentrate upon.

What is the biggest change I can make this year to improve my health? What might be the first step I can take to point me in the right direction? Do I really need to change or am I happy where I am with my health goals?

If I could recommend a place to start, I would have to say let's start with being thankful for the health we enjoy right now. Wherever we are, there is someone who is worse off.

## SAYING THANK YOU REDIRECTS YOUR ATTITUDE

How many of us know of folks who didn't make it through 2011 because of poor health? Even if our lower back and legs ache terribly, how many folks do we know who are now in a wheelchair?

Another step we can take to point us in the right direction is to see yourself with the health you desire. Sit down in a quiet place and using your imagination, see yourself moving with ease and confidence doing the activities you most enjoy doing. It might even be possibly doing the activity with your ideal weight (if you feel you are heavier than you would like to be) or maybe just imagining the blood pressure reading on the digital read out of the blood pressure machine you use to check your blood pressure.

## IMPROVED HEALTH WILL EFFECT EVERY ASPECT OF YOUR LIFE

Step out of the routine you are in and take the action steps to give yourself the gift of better health. Everything in your life requires good health in order to accomplish your objectives. Your new year demands nothing less!!

*Use this newsletter as a coupon and along with only \$45.00, get the initial work up (which includes an exam, x-rays and report of findings) for anyone who has not been into our office before or has not been in the past 6 months. **Expires 02/15/2012 Tricare & Medicare excluded***

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