



**Berrien County Health Department:**  
Preventing Disease, Prolonging Life and Protecting the Health of the Community.



## Have A Healthy New Year!

Happy New Year from everyone at the Berrien County Health Department! This time of year many people take the opportunity to make resolutions to do something better for themselves. Resolutions like quitting smoking, eating better, getting more exercise are some familiar themes. The Health Department would like to take this opportunity to offer some advice to all of those who have decided to start 2008 on a healthier foot.

One of the biggest mistakes people make when creating a

resolution is not setting effective goals. We have all set goals in our lives, whether it be as simple as finishing all the dishes in the house or more complex such as graduating from college. The problem is we often lose sight of our goals. To keep your goals in focus, write them down.

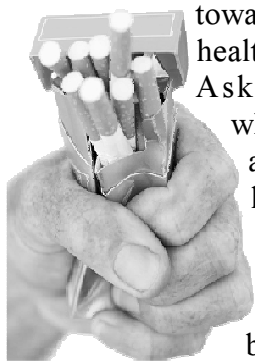
Research shows us that people who write down their goals and look at them everyday are much more likely to achieve their goals than those who do not write goals down. Take a few minutes every morning to write

down specific goals for the day, week, month, year, 10 years. You'll soon discover that the decisions you make throughout the day are tuned into decisions that will help you achieve your goals. Also give yourself a deadline and reward for completing your goal; this will give you a target and lead to success.

After you have set a specific plan for reaching your goals, make decisions that will lead you in the direction of success. Below are a few of the resolutions people set and some easy suggestions for implementation.

### This year I will.... Quit Smoking!

Quitting smoking is a huge step toward a much healthier you. Ask anyone who has quit and you'll hear many different approaches on how best to quit.



You might also hear that it took the quitter more than one time to finally kick the habit. There are a few things you must do in order to quit. The most important thing is that YOU want to quit for yourself. Unless YOU want to quit YOU won't. Be prepared to handle the cravings. Nicotine is a very addictive substance and causes people who are addicted to crave it. It is VERY helpful to join a sup-

port group with others trying to quit. Find a hobby that occupies your hands and mind and keeps you busy; avoid places you used to smoke; exercise; chew gum or go to a smoke free place such as a movie theater, mall, or church.

The Health Department offers smoking cessation classes to those interested in quitting. Call Kerri Teachout for details at 927-5668.

### This year I will.... Lose Weight!

If your goal is lose a few extra pounds, or even a lot of weight, there are some simple things you can do to help yourself.

First: watch what you eat. Fruits and vegetables are better for your body than candy and salty high fat food. DON'T skip breakfast; eating a well balanced breakfast will jump-start your metabolism and help you burn calories all day long.

Second: Exercise! You would

be amazed at the difference in the way you feel after exercis-

**One of the easiest ways to lose weight: drink water! Sugary juices and soda pop are enemies of fat loss.**

ing. Don't be afraid to exercise, and know that you don't have to buy the latest expensive gadget to get a good workout. Simply take a 20 minute walk around the mall (outdoors when the weather gets better). If you can, join a gym. Many people are afraid to join a gym because

they don't know what to do, but there are many people in the gym who are willing to help you. Just make sure you ask them when they aren't in the middle of a lift! Also, most people in a gym are far too involved with what they are doing to judge you.

Before you start any weight loss program, check with your doctor. He or she will be able to give you more advice that is specific to you. Relax and enjoy the exercise, it will take some patience before you see results.

*Special thanks to Nate Hill, Prevention Specialist, for his help with this article!*

**The Berrien County Health Department has five locations to serve you:**

Benton Harbor		Niles		Three Oaks
769 Pipestone	M-139 Office	School Based	1205 N. Front St.	21 N. Elm
P.O. Box 706	2106 S. M-139	870 Colfax Ave	684-2800	756-2008
926-7121	927-5623	925-4500		

**Or visit us on the web at [www.berriencohlthdept.org](http://www.berriencohlthdept.org)**

### Healthy Beginnings!

January is Healthy Beginnings month. This month, the health department will bring you information about giving a health start to infants and toddlers including WIC, Inter-conception Care, Breast Feeding, and Family Planning. For questions about any of these topics, please call the health department at 926-7121.

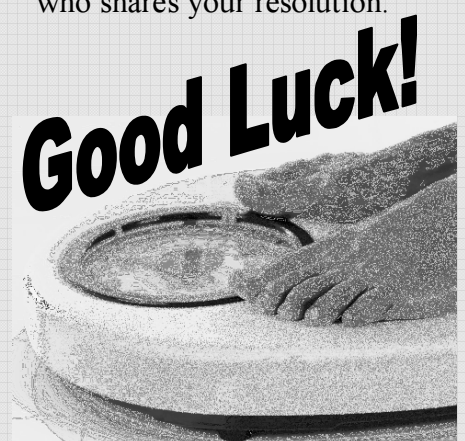
### New Years Resolution Facts

The top 4 New Years Resolutions:

1. Increase exercise
2. Be more conscientious about work or school
3. Develop better eating habits
4. Stop smoking, drinking, or using drugs (including caffeine)

How to stick to YOUR resolutions:

- Be realistic. Choose a goal that you know you can reach.
- Reward yourself. Allow yourself something you enjoy when you reach a goal (just don't make it food if you've been dieting!).
- Have a plan. Know how you will deal with temptations, such as to have a cigarette or skip exercising.
- Talk to others for support. Ask friends and family to help you stick to your resolutions. Find someone who shares your resolution.



For more information about smoking cessation and other health issues, call the Berrien County Health Department at 926-7121.

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