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SEDGWICK COUNTY, KANSAS
COMMUNICATIONS

NEWS

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FOR IMMEDIATE RELEASE

Think Healthy When Creating 2009 New Year's Resolutions

(Sedgwick County, Kansas) – The end of one year and the beginning of another is a great time to make a resolution to improve various aspects of your life. Often resolutions relate to improving health or more commonly losing weight.

These resolutions are positive because they involve people taking charge of their health. The only problem with health- and weight-related resolutions come when the resolutions are unrealistic. "It is important that the resolutions you make are achievable. A good tip is to create resolutions that are more positive than negative. For example resolutions that say "I will do this..." instead of "I will not do this..." says Claudia Blackburn, Sedgwick County Health Department Director. In addition, resolutions should be considered a lifestyle change, not a temporary solution.

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Besides weight loss, other health-related resolutions people should consider include:

- Keep and monitor a food diary that tracks what you eat daily.
- If you are a tobacco user, quit.
- Wear a pedometer and strive for 10,000 steps per day.
- Get “well woman” and “well man” exams.

If people need help meeting some of these resolutions, the Health Department provides services that can be of assistance.

- The Sedgwick County Wellness program provides ideas for individuals, families and workplaces to improve their wellness through nutrition and fitness.
- The Kansas Tobacco Quitline is available 24 hours a day to assist individuals who wish to stop smoking cigarettes and cigars and using chewing tobacco. The number is 1-866-KAN- STOP (1-866-526-7867).
- A list of community health clinics that provide low-cost/no-cost primary care exams and physicals can be found at www.sedgwickcounty.org/healthdept.

No matter what New Year’s resolution you choose, the Sedgwick County Health Department wishes you a healthy and happy 2009.

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