

Health Tip: Let Drew Memorial Hospital help with your New Year's Resolutions

Some people feel that New Year's resolutions are something that "goes in one year and out the other". Others use the occasion to make positive changes in their lives. Two of the most common of these lifestyle changes are losing weight and becoming more physically fit.

How about these:

- Life Insurance is often less expensive
- You are more likely to get hired (and promoted) at a job
- You are less likely to develop chronic health problems such as high blood pressure or diabetes
- You are less likely to become depressed
- You will have a greater clothing selection in stores
- Your self-esteem may be enhanced

By now, almost everyone is aware that there are proven health benefits to getting regular exercise. But just in case you need a reminder, consider these facts:

- Regular exercise can help prevent or manage a number of chronic conditions such as high blood pressure, elevated cholesterol and diabetes.
- Exercise has been shown to stimulate certain brain chemicals, improving your self-esteem and leaving you feeling happier and more relaxed.
- Exercise helps to strengthen and improve the efficiency of your cardiovascular system allowing you to do more physically with less effort.