



5 Tips to Help Keep Your New Year's Resolution



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Every year thousands of Americans make New Year's resolutions, and every year these same Americans find themselves having a hard time sticking with them during the year. Maybe your New Year's resolution has already failed, or maybe you are in the need of a pat on the back to stick with it. Either way, here are **5 tips** to help you keep your *New Year's resolution*.

- 1. Start small** – *come up with a big goal and break it down into a smaller goal.* If your resolution is to lose 5 pounds, start one pound at a time. Be realistic and make sure that you have the time, money and resources you need to achieve your goal.
- 2. Write your resolution down** – *and while you're at it, tell your family and close friends about it!* This helps you stick with your resolution and can even encourage loved ones to help out or take on the same resolution.
- 3. Schedule time to work on your resolution** – *setting time aside every week will give you the extra time you need to focus on what's important.* If your resolution is to exercise a few times a week, set aside the time and the day you plan to make it happen and stick with it!
- 4. Celebrate!** – *reward yourself for all of your hard work!* Take a nap, get yourself a little treat or take some time to relax - and don't forget to celebrate the small stuff! Just make sure that your rewards don't work against your goal... for example, don't go on a shopping spree if your resolution is to save money.
- 5. Don't give up** – maybe the year has not started off the way you had planned. Don't let that get you down. Life changes can be hard. It's important to know that sticking with a New Year's resolution is a *process*, it won't change overnight. There is always time to start over!

References:

1. <http://www.apa.org/helpcenter/resolution.aspx>

Lettuce celebrate: Eating right for the New Year

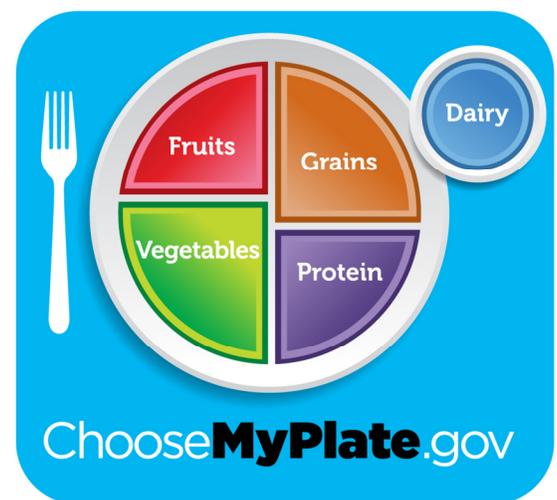
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Is eating healthier one of your New Year's resolutions? Do you find it hard to get all the nutrients you need each day? You are not alone.

Your body requires several key nutrients to keep you feeling fit and prevent you from getting sick. Some of these nutrients include potassium, fiber, calcium, vitamin D, and iron. However, studies show that at least one-third of Americans are not getting enough of these nutrients each day. If you often get cracks at the corners of your mouth, notice a rash, have red or white bumps on your skin, or experience tingling, numbness, or muscle cramps, you may not be receiving enough nutrients.

Here are some tips to help you eat healthier this year:

1. Eat at least three meals a day.
2. Balance your plate with many different foods – ChooseMyPlate.gov recommends that half your plate be fruits and vegetables and the other half proteins and grains (bread, spaghetti, etc.) as seen on the picture on the right.
3. Snack smart – snack only when you're hungry. Healthy snacks include: celery sticks, one cup tomato soup, three cups of popcorn, baby carrots, or whole-grain toaster waffles.
4. Know when you've had enough to eat – stop eating before you start to feel full and eat slowly. It takes your brain 20 minutes to get the message from your stomach that you are full, so by eating slowly, your brain can catch up to feeling full, more quickly.
5. Get regular exercise – you don't need to run 10 miles a day! Simple changes such as taking the stairs instead of the elevator or doing push-ups during TV commercials will reduce the risk of developing chronic diseases.



References:

1. <http://www.nationalnutritionmonth.org/nm/handoutsandtipsheets/#.VqUHRFMrKqA>
 - a. Eating Right for a Healthy Weight
 - b. Smart Snacking for Adults and Teens
2. <http://www.eufic.org/article/en/expid/10-tips-healthy-eating/>
3. <http://greatist.com/health/missed-nutrients-whole-foods>

Picture References:

1. <http://www.choosemyplate.gov>

Small changes can make big differences in your health! Start with one of the above tips each week and try to add another tip each week. With these strategies in mind, 2016 will be a healthy year!

Eye Care for Every Age

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Vision changes are a normal part of the aging process, but it is never too early to protect your eye health! Be sure to protect your eyes from harmful everyday elements, like UV rays from the sun. If you work with hazardous or airborne materials at home or while at work, be sure to wear safety glasses or protective goggles to prevent eye injury.

Also, be careful of staring at computer or television screens for too long. By taking breaks from looking at screens, you can protect your eyes from eyestrain, blurry vision, and dry eyes. To protect your eyes, follow the 20-20-20 rule: for every 20 minutes looking at a screen, be sure to rest your eyes by looking 20 feet away for 20 seconds.

Taking multivitamins and eating foods rich in nutrients such as omega-3 fatty acids found in salmon, tuna, and other oily fish; lutein found in green and leafy vegetables like spinach, kale and collard greens; and vitamins C and E found in oranges and other citrus fruits or juices can help slow vision changes. Eating a well-balanced diet makes you less likely to get obesity-related diseases such as type 2 diabetes, which is the leading cause of blindness in adults.

Seeing an eye doctor once a year will help you to keep prescriptions up to date and help you avoid any long term eye damage.

References:

1. <http://www.m.webmd.com/eye-health/good-eyesight>

Prevent Cervical Cancer Today

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Over 4,100 women died from cervical cancer in 2015. It is a type of cancer that usually starts in the lining of the cervix, which is part of the woman's womb. From there it can spread to other parts of a woman's reproductive system.

The death rate from cervical cancer has decreased more than 50% in the last 30 years. This is because of increased woman's health screenings, called PAP tests, and more Americans getting the human papilloma virus (HPV) vaccine. PAP screenings can help detect cancer in earlier stages where it is more treatable. HPV is a virus that is spread through sexual activity and causes most cases of cervical cancer but can be prevented by the HPV vaccine. This vaccine is a shot that can be given to both girls and boys starting from the age of 12. For more information about the HPV vaccine, talk to your doctor or visit the CDC immunizations website listed below.

January is cervical cancer awareness month, so protect yourself now by visiting your doctor about a PAP screening or the HPV vaccine. To learn more about cervical cancer, ways to prevent, or find support and treatment, visit the American Cancer Society website (below).

References:

1. <http://www.cancer.org/cancer/news/specialcoverage/cervical-health-awareness-month>
2. <http://www.cancer.org/cancer/cervicalcancer/>
3. <http://www.cdc.gov/vaccines/who/teens/vaccines/hpv.html>

I is a collaborative student organization of professional students from Virginia Commonwealth University who provide health education and outreach in the Richmond community.

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