

It's resolution time again. Here are 6 healthy commitments to consider in 2014.

1. Get enough sleep

Restful sleep is essential for a fully functioning mind and body. Few people get the recommended seven-to-nine hours of sleep, and we know that lack of sleep has been linked to problems ranging from fatigue to cancer.

What's the best way to keep this resolution? Stick to a sleep schedule: Go to bed and get up at about the same time every day. Avoid caffeine, alcohol and sugary snacks around bedtime.

2. Quit smoking, once and for all

This is clearly the single most important thing someone can do for their health. If you smoke, stop in 2010. The American Cancer Society has a great program called Quit-For-Life.

3. Eat well, but don't set unrealistic diet goals

Obesity and excess weight is a huge issue in this country. We hear it again and again. Stick to the basics; avoid saturated fats, simple sugars and highly processed foods, eat at least 5 servings of fruits and vegetables per day, minimize red meat and run from anything deep fried. Begin simply by avoiding any drink with calories (i.e. soda, juice, or cream in your coffee).

4. Stay hydrated

There's been a trend recently for "experts" to belittle the importance of drinking water- Let me tell you it's NONSENSE! Adequate water intake prevents dehydration, cleans out the body, and promotes healing. You've probably heard the "8 by 8" rule - drink eight 8-ounce glasses of water per day (2 quarts). Keep a cup of water next to you at your desk and a travel bottle for the road. If you don't like the taste of water, try adding lemons, limes or flavoring to your water.

5. Exercise, exercise, exercise!

An ideal combination includes aerobic exercise, weight-training and stretching. Get exercise during your regular daily activities by walking at lunch and taking the stairs instead of the elevator. Look for healthy recreational activities, such as dancing and swimming.

6. Keep your body "tuned up"

If you've not been to our office recently, it's probably time to schedule a "tune-up". Let us help you keep your body aligned and functioning at its best. Small misalignments can cause wear and tear on your spine and joints- this leads to painful problems. Call today to make sure these problems don't keep you from enjoying 2010.