



Cheers To Your Health!

Dr. Ruth Gilliam Phillips,
Executive Director,
Community Health Coalition

A MESSAGE FROM THE EXECUTIVE DIRECTOR

January, the start of a new year and time to make new resolutions and promises to ourselves. If you are like me, some of those resolutions, promises, and commitments fall short before February begins, especially when it comes to taking care of ourselves. Does that statement seem familiar? It should because I wrote the same thing last year! Trying again in another year is **STILL** ok! Falling short and/or reassessing is ok. **Not trying is not ok.** Most of us know eating healthy and exercising are keys to good health. However, we often push it aside when life throws us curve balls we aren't ready to catch and/or didn't see coming. Nevertheless, through it all, you must remember to take care of you!

Let's do something different this year! Challenge yourself to make some small changes that could have a big impact on your health in 2024 and beyond.

Reducing Carbohydrates. Reduction of white bread, pasta, rice, potatoes and sugary drinks (soda and fruit juices, sports drinks, etc.) can lead up to 15lbs of weight loss or more in one year. For those who may be diabetic or pre-diabetic, reduction of carbohydrates (complex sugars) and sugary drinks is key to reducing and/or keeping your blood sugar at normal levels.

Practice Meatless Mondays or Vegan Fridays! Eating a plant-based diet even once a week has health benefits for example reducing cholesterol, blood pressure and aiding weight loss.

It is so important to free your mind! A healthy mind is part of a healthy body! Identify the stressors in your life and get help navigating, reducing and/or removing those stressors.

It is absolutely OK to get and ask for help and support!
Suicide and Crisis Lifeline - Dial 988-available 24 hours a day



Break up with your salt shaker! I absolutely love food with flavor and you can have it without using a lot of salt. Lowering your salt consumption can lower your blood pressure and reduce your risk for high blood pressure and heart disease.

Here are a few tips to help reduce salt intake:

1. Taste your food first before you shake the salt. You just might like it!
2. Reduce the amount of processed and pre-packaged foods in your diet. Prepackaged and canned foods can sometimes be loaded with a lot of salt.
3. Go old school and cook from scratch. You can limit the amount of salt when you cook from scratch and you know exactly what is in it!

I hope you didn't think I would end my message without mentioning exercise. It is part of being healthy and let's face it, we have to do something so start somewhere. I personally need to do better! If you love to dance, move, wiggle, walk, shimmy, wave your arms like you just do care, do it! Download or play your favorite song and move! Make it your goal to move every day. Exercising helps strengthen muscles, reduces weight, and releases endorphins that help reduce stress.

Lastly, Let me end with the ABC, DEF, GHI, JKL's for health

Always advocate for yourself and your well-being.

Be Kind to yourself and don't judge yourself so harshly.

Covid-19 vaccination is STILL essential to keeping you healthy. Get vaccinated or your booster!

Don't eat too late in the evening and don't skip meals. Keep that metabolism going!

Eat healthier and start exercising!

Forget about smoking/vaping and stop if you do! There's nothing healthy about it!

Get outside and get active!

Have your list of questions and medications we you visit your healthcare provider.

Invest in you!

Join a group for whatever you love to do!

Keep going!

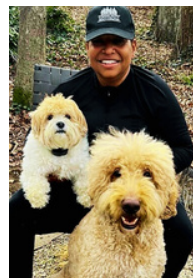
Listen to your body and act!

Click on the links below for more information about [Community Health Coalition](#), knowing your numbers, vegetarian recipes, and exercise tips!

[Exercises you can try](#)

[know your numbers](#)

[Soul food vegetarian style recipes](#)



Please Consider Giving to Community Health Coalition, Inc. through SECC or PayPal.

If you are a state employee or retiree, choose (Code 3770) to send your SECC gift to us or click on [DONATE](#) to make an online donation. Thank You!