

Frackson Health Care



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February 2017 Edition

Our office will be closed on Monday February 13th for the Family Day holiday.

Dr. Frackson will be away February 6th-13th - Dr. Yu will be away February 10th-17th

New Year, New You!

Here are six achievable wellness resolutions to get you started.

LIVE IN THE MOMENT

We start with this one because too many people equate New Year's resolutions, particularly as they relate to health, with unbending rules about diet, exercise, etc. It's more important to live in the moment, in the sense that you can't be afraid that eating dessert one night or missing one workout will set you back forever.

TAKE MORE WALKS

If you haven't taken a walk for awhile, go for a 15-minute stroll during a work break or after dinner; we bet you'll immediately feel more refreshed and less stressed about the world. The simple act of walking - away from the relative confines of your office or home - allows you to enjoy nature and exercise all at once.

WATCH LESS TV

We're not suggesting you eliminate TV altogether, particularly if it's news- or education-based, but a few less hours a week of reality TV and late-night movies wouldn't hurt. Substantial evidence links TV viewing to negative health outcomes, not the least of which is obesity. So turn off the tube now and then.

TRY NEW FOODS

Most adults are fairly locked in to their food preferences, which can be dangerous on several levels: If your preferences aren't healthy ones, you're in trouble; and if you don't mix things up occasionally, you risk getting bored. The solution? Try at least one new food a week, preferably the healthy variety.

MAKE TIME TO PLAY

Games, that is; games with your kids, your significant other or yourself that keep your mind sharp and take you away from the hustle and bustle of the daily grind. Whether it's a board game, a crossword puzzle or even a sport that keeps you on your toes (literally and figuratively), make more time to play.

SPOIL YOURSELF

Your last New Year's resolution is perhaps the most important one, because you can't be healthy, at least not over the long haul, if you don't spoil yourself occasionally. Schedule a vacation, plan a date night, or just commit to taking an hour or so at least once a week and relaxing all by yourself. You're worth it. <http://www.toyourhealth.com/mpacms/tyh/article.php?id=1259>

What You Should Know About Your Water Bottle - The ABCs of BPA

Bisphenol A, otherwise known as BPA, is a chemical that has been linked to the development of cardiovascular disease and diabetes. For example, a recent study, results of which were published in the Journal of the American Medical Association, found that higher urinary BPA concentrations were associated with elevated rates of both conditions.

That's important to know because it's been estimated that up to 90 percent of U.S. adults have some level of BPA in their body (as seen from urine samples), which makes sense (unfortunately) if you consider that BPA has been used since the 1960s in many hard plastic bottles and to line food and beverage containers. Always make sure the bottles you are using are BPA free.

For more information about BPA, visit www.niehs.nih.gov/news/media and click on "Since You Asked - Bisphenol A" on the left-hand toolbar. <http://www.toyourhealth.com/mpacms/tyh/article.php?id=1310>