

A Positive Start to the New Year

By Dr. Arjuna Veeravagu ND RAc



Often New Year's resolutions focus on negative actions such as stopping a behaviour or eliminating a habit after the period of holiday excesses. In addition to discontinuing unhealthy habits, positive new changes should be emphasized at this time of the year. Below are several recommendations for new, healthy activities to try in the New Year.

EXPERIMENT WITH NEW HEALTHY FOOD

Almost all of us could improve our diet in some way through the addition of a healthy food we haven't tried before. Try spending a little extra time exploring Choices Markets to see what new foods appeal to you. Consult one of Choices Markets' nutritionists if you would like some suggestions.

TRY A NEW EXERCISE OR SPORT

Exercise is an essential component of maintaining optimal health. However many people become bored with their existing routine, which leads them to decrease the frequency and intensity of exercise. The New Year is a great time to try a something physical activity or sport. It could be an outdoor activity like skiing, snowboarding, snowshoeing, hiking or even walking. Indoor options are numerous as well, for those who prefer to avoid the winter elements.

NOURISH YOUR MIND AND BODY

These practices include yoga, tai chi, qi gong, meditation and martial arts. The Lower Mainland has many teachers


and studios offering instruction, so there's no shortage of opportunities. If you are interested in learning yoga, check www.vancouveriyoga.com to find a class near you.

TRY A NEW HEALING MODALITY

This could be chiropractic, naturopathic, acupuncture, massage or many others. Ask your friends or family for a referral to someone who they have had positive experiences with. A new healing modality may provide the exact solution you need for acute or chronic health concerns.

SEE YOUR GP OR NATUROPATH

If you haven't checked in with your primary care provider (GP or naturopathic physician) in some time, now is a great time to do so even if you don't have any major health concerns. There are many "silent" clinical signs that can be picked up on a physical exam and routine laboratory screening, including high blood pressure, high blood sugar and cholesterol imbalances. It is also important to have an established relationship with a primary care provider in the event that a serious illness occurs.

With almost endless healthy options available to us, now is a great time to focus on these positive changes to our diet and lifestyle. Happy New Year! 



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