

IT'S YOUR HEALTH



A Lifestyle For Better Health Newsletter from Lifestyle Therapeutix

Your Recipe From Cookin' Up Good Health

Cranberry Egnog Smoothie



Cranberry/Egnog Smoothie

1 cup fresh cranberry sauce
1 cup diced pineapple
1 cup orange sections -
Mandarin are my fav
1 whole apple
1/2 - 1 cup alcohol-free,
vegan eggnog

Add all ingredients to blender and blend well to desired consistency. Enjoy.

This is my FAVORITE Holiday Smoothie. I love to start the New Year off with it. If you have any of the listed ingredients MAKE IT FOR YOURSELF!! You may find the eggnog on a clearance shelf. If not, use your favorite non-dairy options. There are plenty to choose from.

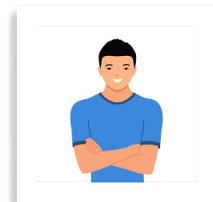


The Time is NOW!

Many of us who are 60 and over, never believed we would live to see 2023 roll around. The younger generation takes it right in stride. But whether you're young, old or middle-aged, there's one thing we all have in common...the need to be healthy.

I remember being young and feeling that nothing could slow me down. During my middle years I began to take more notice of what was happening with my body. I began making the intentional decision to maintain my running habit. Choosing to run in 5K and 10K races as motivation. Now that ***I'm in the OLD people's group, the wisdom of making health choices has come full circle.*** So, in this edition, I hope to speak to each group with that wisdom to help them make the RIGHT decision for them where they are.

To my younger friends, it's here that you can set the foundation for a very long healthy life. Children's hospital at Johns Hopkins, reiterates that fact. The earlier the better. (1) That vim and vigor you are currently experiencing is wonderful. It's during these years that you do everything that comes to mind. Take this time to do TWO things: 1) choose one or two fun, healthy activities that you can carry throughout your lifetime, and 2) intentionally choose to eat a more plant-based leaning dietary. Looking at the first suggestion, most middle-aged folks who have not been exercising regularly, find it rather hard to find an activity they enjoy, which slows them down in becoming active. Choosing it now takes that problem off the table. Secondly, leaning towards plant-based does not mean you have to become vegan or even vegetarian. Research shows that the consumption of large amounts of animal productions (meat, dairy and eggs) develop many of the chronic diseases that make growing older more painful and debilitating. You may not stop





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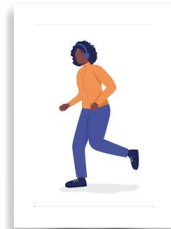
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eating them, but limit them to prevent the accumulation of plaque in arteries throughout the circulatory system. Try our meal prep at www.stillsoutin.com

To my, middle-age folks, you're probably feeling some of the results of your earlier poor choices. If you have not been very active up to this point, the choice of a specific activity takes on new importance. Whatever you choose, consider inviting someone else into your newfound routine. Having a partner to do it with, means you will probably stick with it better. (2) Because these habits may not be a regular part of your life, having someone to join you in the journey is so imperative and helpful.

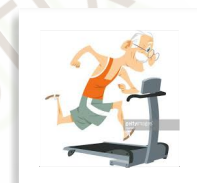


We are wanting to reestablish habits that either have fallen by the wayside, or were never there and need to be established. It would be great if your spouse or significant other could be that person, but it does not have to be them. Find someone who is willing to

partner.

Although I have only mentioned two health habits up to now, there are other simple health habits that need to be incorporated into your lifestyle that can bring about amazing results. Things like getting quality sleep hours, drinking copious amounts of water, spending time outside to get fresh air and sunshine and last but not least, connecting on a spiritual level to a higher power.

Finally, those 60 or over like myself: We have seen the results of the decisions we have made. We are living what we have chosen. We can either be happy with them or sorry for them. It's now that we can say I can continue the way I am or I need to change what I've been doing. If the decisions that you have made have you in pain, taking tons of medication and wishing you had more date nights than doctors appointments, I am asking, How's that doing for you?



There is never a wrong time to do the right thing. Whenever you make the decision to change your health habits, it's now. If you have been going in the wrong direction, making a 180 degree turn will give you the positive results you're looking for. Deciding to make healthier choices will allow your bodies own powers of healing to go to work for you. Give it what it needs and it will give you what you want. The Creator said your body is, "fearfully and wonderfully made", Psalm 139:14. He also want you to "prosper and be in health", 3 John 2. Now I want you to take Him at His word, when He gives you the promise of Exodus 15:26, "If you diligently heed the voice of the Lord your God and do what is right in His sight, give ear to His commandments and keep all His statutes, I will put none of these diseases upon you...for I am the Lord that *healeth you.*"

2023 is your year of opportunity. Begin making right choices today. Remember, your health is your choice! The staff at Lifestyle Therapeutix is ready and eager to help you achieve the health goals you have for the new year. Give us a call at the office to schedule your evaluation, Wellness consult or free foot screening if you suffer from peripheral neuropathy. **Choose today to be HEALTHY! Remember It's YOUR Health!!**

1.<https://www.hopkinsallchildrens.org/Services/Pediatric-and-Adolescent-Medicine/Healthy-Weight-Initiative/Ages-0-4/Healthy-Eating-Habits-Infants-Babies>
 2.<https://www.crossrope.com/blogs/blog/benefits-working-out-with-partner/>