



## **JANUARY NURSING SERVICES NEWS**

### **MAKE HEALTH YOUR RESOLUTION FOR 2024**

**HEALTHY YOU:** Make healthy food choices, be active, and schedule a check-up, vaccination or screening. Know your numbers: weight, blood pressure, cholesterol. Wash your hands often. Be smoke-free. Get enough sleep. Learn and practice a new health tip each week. Make a new friend.

**HEALTHY FAMILY:** Plan to eat more meals together as a family. Encourage and support physical activity. Put together a family health history. Know where to go for health care in town if you do not have insurance. Keep pets vaccinated and healthy. Add a health-related website to your favorites list and check weekly updates. Spend more time together. Be courteous and practice good manners.

**HEALTHY HOME:** Go green. Reduce, reuse, and recycle. Install smoke alarms and carbon monoxide alarms on every level. Keep cleaning products and medications away from children. Have a winter weather emergency plan, and stock your home and car with the necessary supplies. Avoid carbon monoxide poisoning and hypothermia. Never use generators, grills, camp stoves, or similar devices indoors.

**HEALTHY COMMUNITY:** volunteer at your church, school, or one of the many community centers needing help. If you have received support from others, try to repeat the gesture. Extend a common courtesy wherever you are - they are always appreciated and hopefully duplicated.

**HEALTHY WORKPLACE:** Stay home if you are sick. Wash your hands often. Participate in healthy workplace programs. Take steps to prevent job stress. Reduce work injuries and practice good body mechanics.