

Personal checklist for 2019

Great ideas to give yourself a better, healthier body

Would you like to feel younger, more energized, sexier and happier six months from now? If yes, consider facing these one at a time, beginning with the one you know would benefit you the most.

Drop a bad habit. Whether it's late night carb snacking, smoking, recreational drugs, or internet pornography, bad habits will steal your health and erode your self-esteem. Habits have a cue, behavior and reward. If you keep the cue and reward but replace the behavior with something healthful you'll beat this. Check out "The Power of Habit" for more.

Start a good habit. It takes about 21 days for a new behavior to stick. Give it a try. Start small...maybe with 10 minutes of exercise, five one-cup servings of vegetables a day, or 10 minutes of daily meditation, prayer, exercise, or gratitude practice.

Add exercise. Cardiovascular research says the biggest bang for your buck is 22 minutes a day—we benefit the most from the first 22 minutes, and that's doable, right? Include some muscle building exercise like resistance bands, yoga, Pilates or weights for better bone health and more long-term calorie burn. (Remember that muscle tissue burns 3 ½ times more calories at rest than fat.)

Lose weight. Your scale doesn't know everything! Consider a body composition analysis (check out the In Body idea on the adjacent page). It will help you set goals based on YOUR body: to build muscle, lose fat, lose visceral (organ) fat, or lose extracellular water. Finally, you can personalize your weight loss strategy and STOP the fad dieting!

Sleep soundly! That's when all your cells repair—protecting you from disease, anxiety/depression and dementia. To get 7-8 hours of quality sleep, start with sleep hygiene. Eliminate evening screen time, quit caffeine after 2pm, cool your

room and adjust your bedtime schedule so you wake before your alarm. If you snore, sleep restlessly, wake frequently or have daytime sleepiness, ask your dentist/physician about a home sleep test to screen for airway obstruction/oxygen deprivation. Identifying and treating OSA with a CPAP or oral appliance will fortify and extend your life.

Clean up your cupboards. Dig deep into your food supply and throw out expired, too-tempting and unhealthy packages. Get rid of liquid sugars, sugared cereals, hydrogenated fat "treats", and garbage oils! Toss anything with more than five ingredients. Download the Fooducate app and scan product barcodes for a let-



ter-grade to help you garner the disgust you need to THROW IT OUT. Remember, you're not wasting food, if it's not real food to begin with.

Rethink your grocery shopping routines. The most healthful foods come from a plant and not a plant (factory, that is). Begin in produce—which can also include the frozen vegetable/fruit section. Stick with whole foods. Buy NOTHING that reads 'fat free'—it's all sugar/chemical enhanced.

Reduce alcohol intake. Alcohol in moderation (especially dry red wine) can be a health benefit, if you limit it to one daily serving for women and two for men. If you find alcohol dependency a problem, consider an AA meeting, where camaraderie, acceptance and education are all

part of the program.

Eat at home. There's evidence that dining out frequently increases your risk of heart disease. Boycott fast foods all together, since nothing good comes from a drive-through window. Then reserve restaurants for special occasions.

Schedule wellness visits: A mammogram, PAP test/PSA test, colonoscopy, diabetes/cholesterol blood tests, periodontal exam, vitamin D test, skin check, or OSA test. It only takes five minutes to get it scheduled.

Declutter your house. Simplify your surroundings and you will declutter your brain as well. Identify objects that, when you look at them, give you peaceful assurance or inspiration and pitch or pack-up the rest. If it has worth, don't throw it in the garbage. Drop it off at a collection center...you'll feel that much better about your clean home.

Clean up a sour relationship. Forgiveness is the most powerful gift you can give yourself. Just as negative thoughts expand into illness, positive thoughts expand into health. Imagine your life with all animosity for others (and yourself) magically lifted. It's possible—often faster if you seek wise professional counsel. Likewise, being kind to yourself will improve your health immeasurably. Make self care and self forgiveness a daily habit.

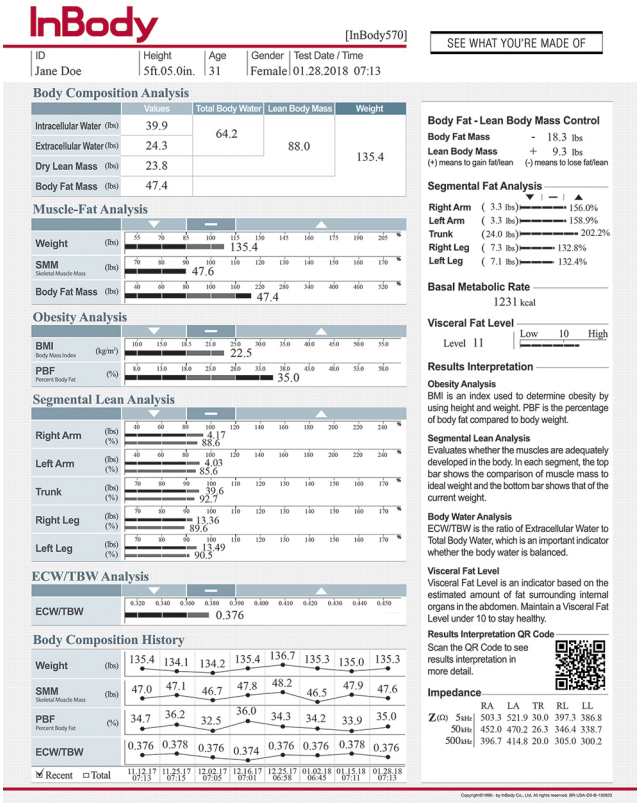
Floss your teeth. You didn't think I could forget this one, did you? Flossing daily will absolutely reduce your risk of gum disease and thereby diminish your risk of stroke, heart attack, diabetes, sexual dysfunction and more.



Dr. Susan Maples is a dentist in Holt. She is also a speaker, health educator and author of Blabbermouth. Learn more at drsusanmaples.com. or call (517) 694.0353.

GO BEYOND YOUR BATHROOM SCALE WITH THE InBody Body Composition Analyzer

Break your weight down into muscle, fat, organ fat and body water to help you make health changes that last



WHY DOES A DENTAL TEAM CARE ABOUT BODY COMPOSITION?

Weight loss is often our patient's #1 health goal. We want to help them be successful once and for all.

WHAT DOES YOUR WEIGHT REALLY MEAN?

Schedule an InBody test today and in one minute (plus a 20 minute consultation) you'll discover how to personalize a plan to change your fat, muscle and water levels for optimal health.

SCHEDULE YOUR TEST TODAY!

\$45 for test and consultation.
 \$75 for series of 3 tests at your own pace.



SUSAN MAPLES, DDS
 Personalized Dentistry For A Lifetime of Health

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