

Get Fit

Creating a health-inspired resolution for the New Year is a great way to start on a positive note. A reasonable place to start is by promising yourself to get fit this year.

Maybe you overindulged during the holiday season or have been meaning to get in shape for some time. Either way, the New Year is a great time to improve your health-related decision-making. Join millions of Americans this year and create a resolution that will benefit your health and put you on the path to sustainable well-being.

Consult with a Doctor

This may seem a little counter intuitive. After all, you're planning to begin an exercise and diet program so you can avoid trips to the doctor. This is a crucial step, however, as certain conditions can be aggravated by strenuous activity such as exercise.

Before you begin a new exercise or diet program, The Mayo Clinic recommends consulting with your doctor to check for signs of heart disease, diabetes or even arthritis. People with these conditions may need to follow a special exercise program.



Join A Gym

The beginning of the year is a good time to begin a new gym membership. Check with local gyms to find the best value for the membership that fits your needs. Most gyms offer reduced fees if you purchase annually rather than monthly.

Putting up a good chunk of change at once could be a good way to ensure that you will stay with your new gym commitment as the weather warms.

Health Benefits of Getting Fit

Getting fit will benefit you physically and mentally. Once you get in a solid rhythm in your new, active lifestyle, you will notice a higher level of endurance, which makes exercise easier to complete.

You also will notice higher self-esteem. Regular physical activity has been proven to improve your confidence, especially when it is associated with more energy and accelerated weight loss.

Exercise will increase the number of calories you are able to burn and will raise your resting metabolism. That means you're even burning calories while you rest. There also are great improvements going on inside your body. Although you may not be able to physically see the changes, regular exercise is reducing your blood pressure and risk of heart disease.

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