



Living Well Newsletter

A monthly e-publication provided by Esse Health

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As 2013 comes to a close, we would like to say thank you. Thank you for choosing Esse Health for all of your health needs. We greatly enjoy serving you and look forward to helping you achieve your health goals of 2014.

On behalf of all of us at Esse Health, we want to wish you Happy Holidays and a Happy New Year!

New Year's Resolutions

Three reasons to get (or stay) active in 2014

The 525,600 minutes of 2013 are winding down. Think back on how you spent those minutes this year. If you exercised 150 minutes per week as recommended by the Centers for Disease

Control and Prevention, you would have spent about 7,800 minutes walking, biking, or perhaps swimming. If that sounds like a lot of gym time, it is actually not. It adds up to just 1.48% of your minutes in 2013. If you didn't hit the mark last year, this January make physical activity your New Year's resolution. Here's why:

1. **Do it for your family.** Regular activity may lead to living more healthy years and teach your children to value good health. Many studies have shown that you are more likely to succeed when all family members adapt healthy habits, instead of singling out one family member. You are also more likely to stick to an exercise routine when exercising with a buddy. Encourage your family to walk more by using pedometers - they make great stocking stuffers!
2. **We all hear about the benefits of physical activity, but have you considered the risks of being inactive?** The World Health Organization estimates that being inactive is the main cause for about 27% of diabetes and 30% of certain heart diseases. Being active is beneficial for your blood pressure, cholesterol, blood sugar, the health of your blood vessels and more.
3. **Be a stress-buster!** Activity leads to a release of endorphins - chemicals in the brain that act as natural painkillers. Being active may also help you sleep more soundly, which can also reduce stress.

Always check with your healthcare provider before starting an exercise routine if you have not exercised in a long time and have health concerns. If you are not sure where to start, think about what you enjoyed doing as a child like swimming or jumping rope. Pick an activity or two and get started!

By [Mindy Musselman, RD, LD](#)

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