

# GOOD NEIGHBOR SCRIPT™

INSPIRATION FOR LIVING WELL FROM *GOOD NEIGHBOR PHARMACY*



## 10 Healthy Habits You Can Stick with All Year

If your New Year's resolution is to eat better and exercise more, setting the threshold too high with a new rigid diet or strenuous workout may not be the best way to reach your goals. In fact, making drastic lifestyle changes can backfire when you're trying to develop healthy habits. You may start the year feeling gung-ho about cutting out carbs or going to daily spin classes only to be disappointed later when it's difficult to sustain that routine.

Long-lasting healthy habits develop gradually and start with small, manageable steps. Here are 10 small ways to shake up your routine for 2019 and set yourself up for significant health improvements over time.

**1. Start a food diary.** Try tracking everything you eat for a week. Being aware of your current eating habits is the first step toward improving them. A food diary can be an especially valuable tool for weight loss. Participants in a Kaiser Permanente study who recorded their daily food intake lost twice as much weight as those who didn't keep records.

**2. Make breakfast at home.** Instead of heading to the fast food drive-through on the way to work, prepare your own quick, healthy breakfast to either eat at home or on the go. Bake a batch of whole-grain fruit muffins over the weekend to pair with a freshly scrambled egg each morning. Wrap some leftover meat and veggies in a soft tortilla with a splash of salsa and a sprinkle of cheese for a breakfast burrito. There are many quick and healthy options to choose from!

**3. Keep healthy snacks at work.** If you have a stash of healthy things to munch on at your workstation, you'll be less tempted by the vending machines loaded with junk food or the candy jar on your co-worker's desk. Nuts, fresh and dried fruits, pumpkin and sunflower seeds and low-fat microwave popcorn are some healthier options to keep on hand.

**4. Slow down.** Sometimes speed eating is the culprit for overeating. If you're gulping down your meals too quickly, the U.S. Centers for Disease Control (CDC) has some suggestions to curtail that habit. For example, you might try putting your fork down between bites or not watching the news during dinner if it distracts you from noticing how fast and how much you're eating.

**5. Keep healthy food in sight.** Instead of tucking all your produce in the crisper drawer where you'll forget about it, set a bowl of fruit on the counter. Store healthy foods in the most visible spots in your cabinets, refrigerator and freezer.

**6. Schedule your workouts.** Treat exercise like a regular appointment you make with yourself. That could mean signing up for a fitness class or, as the Mayo Clinic suggests, committing to get on the treadmill while you watch your favorite evening TV programs.

**7. Find a buddy.** Taking a class with a friend or walking with a group of co-workers might make exercising more fun and easier to stick with. But your buddy doesn't necessarily need to exercise with you. Sometimes it helps to simply have someone on your team to whom you're accountable — and who will give you an occasional pep talk.

**8. Mix it up.** To avoid boredom and decrease risk of injury, the Mayo Clinic recommends cross-training with a variety of activities that exercise different parts of the body. You might break up your 30-minute exercise session into three 10-minute activities of, say, brisk walking, weight training and swimming laps. Or, you could alternate between different activities on different days of the week. For instance, you might go running one day for a good aerobic exercise that strengthens your leg muscles and take a yoga class the next day to work on your core strength, flexibility and balance.

**9. Sacrifice convenience.** Force yourself to move a little more by parking farther away from the entrance when you go shopping or by taking the stairs instead of the elevator in your office building.

**10. Track your progress.** The American Heart Association's tips for long-term fitness success include logging your physical activities and even noting how you feel after exercising. When you've reached a milestone like working your way up from a daily walk around the block to a one-mile trek around a park trail, give yourself a reward. Catch a movie you've been eager to see, order the latest book by your favorite author or get a new pair of sneakers for taking your fitness journey to the next level.

### Health & Fitness

## Demystifying the Vitamin Aisle: Supplements to Take at Every Age

Walking down the vitamin aisle can be daunting. With hundreds of options, how do you know which to take? The answer is: it depends. Your body has different needs at each age. Here's how to select the right vitamins to support your health at every stage of life.

**Age 20s and 30s.** Getting plenty of bone-boosting supplements like calcium, magnesium and vitamin K is important because your bones don't reach their peak mass until your late 20s to early 30s. The CDC recommends that women in their child bearing years take 400 micrograms of folic acid daily to support a healthy pregnancy.

**Age 40s.** Omega-3 fatty acids can help fight the inflammation and cognitive decline that begins after age 40, according to The Arthritis Foundation. A high-quality fish oil can also keep your skin glowing and strong. Opt for oil from wild-caught fish that has tested negative for mercury.

**Age 50s.** Because bone loss accelerates once you are in your 50s, it's essential to supplement your diet with vitamin D and calcium. The National Institute on Aging advises that women age 50-70 need at least 600 IU of vitamin D (but not more than 4,000 IU).

**Age 60+.** Older adults are more at risk of vitamin B12 deficiency, which can cause fatigue, anemia and neurological problems. That's why doctors recommend that you take around 2.4 micrograms of the vitamin each day once you are in your 60s. Low B12 levels may put you at risk for dementia, according to Harvard Medical School. After age 65, the Mayo Clinic recommends supplementing with a multivitamin to reduce risk of infection and fractures and improve overall immune health.



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**Prep Time**  
10 minutes

**Cook Time**  
15 minutes

**Total Time**  
20 minutes

## January Recipe Sole in Parchment with Warm Date and Apricot Salad

This heart-healthy dish is packed with lean protein and good fats, while also bursting with other nutrients and flavor. The combination of spinach, almonds, dates and apricots provides a slightly sweet, subtle crunch and beautiful color. Plus, as a cooking vessel, parchment paper is a cook's best friend. It means one less pot to clean, and when you sit down to eat, you feel like you received a gift for dinner.

### Ingredients

- |   |   |
|---|---|
| 1 or 2 organic shallots                   | ¼ cup roasted almonds                         |
| 2 wild sole fillets (about 5 ounces each) | 4 or 5 sprigs organic fresh flat-leaf parsley |
| 1 organic lemon                           | 1 teaspoon sumac                              |
| 2 sheets parchment paper                  | Kosher salt, to taste                         |
| ¾ pound organic baby spinach              | Freshly ground black pepper, to taste         |
| 1½ ounces dried apricots                  | Olive oil                                     |
| 2 Medjool dates (with or without pits)    |   |

### Tools

Fine-toothed grater, medium frying pan, sheet pan

### Instructions

#### 1. Prep the shallots, sole, and lemon

Heat the oven to 400°F.

- Peel and thinly slice enough shallots to measure ¼ cup.
- Pat the sole dry with a paper towel; season lightly with salt and pepper.
- Zest the lemon. Juice half; thinly slice the other half.

#### 2. Assemble the parchment packets

Lay the parchment paper sheets side by side. Divide the shallots and spinach between the 2 sheets and season with salt and pepper. Top with the sole and lemon slices. Drizzle each with 1 teaspoon oil.

Working with 1 sheet at a time, bring 2 opposite sides of the parchment to the center and fold them together several times to create a tight seam. Fold up each end to form a tight seal.

#### 3. Bake the packets

Place the packets on a sheet pan, sealed sides up, and bake until the parchment is puffed and browned and the sole is tender when pierced with a skewer or sharp knife, 12 to 15 minutes.

While the sole bakes, prepare the salad.

#### 4. Make the date and apricot salad

- Thinly slice the dried apricots.
- Pull the dates away from their pits; thinly slice the dates.
- Coarsely chop the almonds.
- Strip the parsley leaves from the stems; coarsely chop the leaves.

In a medium frying pan over medium heat, warm 2 teaspoons oil until hot but not smoking. Add the apricots, dates and almonds and cook, stirring occasionally, until just warmed through, 2 to 3 minutes. Remove from heat. Stir in the lemon zest and juice, parsley, and sumac; season to taste with salt and pepper.

#### 5. Serve

Open the sole packets, being careful of any venting steam, and transfer to individual plates. Spoon the date and apricot salad on top and alongside and serve.



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## Ask a Pharmacist Is It Possible to Take Too Many Vitamins?

The liver and kidneys are generally very efficient at removing excess vitamins and nutrients that the body does not need. However, long-term overuse of certain vitamins can be harmful. Vitamins prone to overdose include vitamins A, D, E, K, iron and calcium. The best way to avoid complications is by following the recommendations listed on the vitamin labels. Even though over-the-counter vitamins and supplements are generally recognized as safe without a doctor's supervision, it is recommended to talk to your doctor or pharmacist before taking vitamins. Vitamins may interact with other vitamins or prescription medications and negatively affect certain health conditions.



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You can also talk to your pharmacist about the differences in vitamin quality and absorption and the most effective vitamin treatment options for you. Ideally, you will find the fewest number of vitamins you need in order to achieve the results you want, with the lowest chance of side effects. Remember that proper nutrition, hydration, exercise and daily outdoor activity will satisfy most or all your body's needs. As always, your local Good Neighbor Pharmacy Pharmacist is always ready to help!



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## Local Love Vic's Family Pharmacy NAMPA, IDAHO



"Our community depends on us because they know we sincerely care about patient outcomes and see the value in relationships."

### How many years has Vic's Family Pharmacy been in business?

Vic's Family Pharmacy has been independently owned and operated in Nampa and surrounding areas since 1988.

### What role does your independent pharmacy play in your local community?

We bring compounding, special packaging, immunizations, nutritionals and other services to our community, and we perform well. Our community depends on us because they know we sincerely care about patient outcomes and see the value in relationships.

### What is competition like in your area?

Our success has passed the test of time, even with large chain pharmacies like Walmart and Walgreens in town.

### What makes you unique and sets you apart from the competition?

Our mission is to improve the quality of our patients' lives any way we can. What sets us apart from other pharmacies is that we are very good at meeting special needs. The most important thing we want is for our customers to feel that we are open to answering questions. We want to make sure they have the knowledge and instruction they need to be comfortable with the medication they receive.