

NEW YEAR, NEW YOU FOR 2015

FIVE ACHIEVEABLE HEALTH GOALS WITH YOUR PHARMACIST'S AID

Vancouver, B.C., January 6, 2015 – If you started your New Year with phrases such as “this year I’m going to change my diet”, “this year I’m getting physically active” or “I’m going to eat healthy in 2015” it’s time to make those goals a reality. The first step to achieving a New You in the New Year is to set realistic goals and remain accountable by seeking out a support system. Pharmacists are part of your health care team and can provide you with that support. London Drugs pharmacists have recognized five recurring goals set by patients. Those goals are commonly to get active, take vitamins and supplements, quit smoking, eat healthier and drink more water. To achieve your health goals visit your London Drugs pharmacist and discuss how you can find your New You.

1. GET ACTIVE

Essential for the person making the decision to get active in 2015, wearable tech products will take your training programs to a new level. Almost everyone has a smartphone these days giving you perfect access to hard facts about your fitness regime. Fitbit products such as the [Fitbit Flex](#) or [Fitbit Charge](#) can track and report your activity, sleep and your weight loss goals. Fitbits can be worn on the wrist or clipped on your waistband. You can program your daily goal such as taking 10,000 steps and the device will let you know when you have achieved that goal. It then tracks your distance and calories burned creating a dashboard you can access on your smartphone or laptop. The Fitbit can also track your sleep activities which is an essential part of achieving your fitness goals. Automatically update your app information with the [Fitbit Aria Scale](#). This scale tracks weight, body fat and BMI while automatically uploading your stats to your Fitbit dashboard.

If you only want to track your weight on a smartphone app get the assistance of the [Taylor Smart Scale](#). Bluetooth technology transfers data to well-known health and fitness apps where your weight, body fat, body water and muscle mass are tracked. Equipped with a goal setting and a daily calorie feature this scale can help keep you achieve your health goals for 2015.

For those wanting to check their blood pressure at home to ensure they are getting the most from their active, healthy lifestyle may want to check out iHealth products. iHealth offers several health products, but an invaluable one is the [wireless blood pressure cuff](#); the choice of an arm or [wrist cuff option](#) for easy tracking of your blood pressure. Monitoring your blood pressure is one of the easiest things you can do to monitor your overall health. High blood pressure doesn’t give any easily-detected warnings, but if left untreated, over time can increase your risk of stroke and heart attack. An additional option is the [iHealth Pulse Oximeter](#) to monitor your heart rate before, during and after fitness activities.

2. TAKE VITAMINS AND SUPPLEMENTS

If you are looking for a jump-start on your health consider a daily dose of [chewable Jamieson Vitamin D](#) to boost your energy levels during the long, cold days ahead. A daily dose of [Emergen Vitamin C](#) will keep you energized and in peak germ fighting mode. To gently purify your digestive system after some holiday indulgence, sip on [Organic Lemon EveryDay Detox herbal tea](#) by Traditional Medicinals to help kickstart your healthier eating plan. Pharmacists undergo extensive in-house training and are provided with continual industry updates and education so that our patients and customers receive the most up-to-date treatments and care. For any questions regarding supplements, vitamins or medication please consult with your London Drugs pharmacist. It is also a good consideration to check in with your pharmacist about existing prescriptions when taking new supplements.

3. QUIT SMOKING

For those who have quitting smoking at the top of their resolution lists there are countless smoking cessation aids. But for some quitting isn't easy. Smokers must be motivated from within before they quit and must discover their personal motivators and overcome their personal barriers to quitting. There are four dimensions of nicotine addiction: biophysiological; psychological; social; and spiritual. Sometimes you need to sit down and figure out why you smoke first. That's where a London Drugs patient-care pharmacist can assist you. With an individual consulting appointment, a pharmacist can help identify the reasons why you smoke and help choose the right [smoking cessation aid](#). These appointments can be made at any time with a [London Drugs pharmacist](#).

4. EAT HEALTHIER

The main focus of any New Year resolution plan is to eat healthier. Individuals making health resolutions for 2015 should consider speaking with a London Drugs patient-care pharmacist at a [Nutrition & your Metabolism Clinic](#). The 45-minute, one-on-one session includes a body composition analysis and provides you with a Basal Metabolic Rate. Our pharmacist will also discuss how nutrition affects your metabolism. A London Drugs' Patient Care Pharmacist will help you achieve your goal with a customized plan of action. Take a look at the schedule for a [Nutrition Clinic](#) in your area. There is a \$15 fee to attend. Additionally the average person should be consuming up to eight glasses of water per day. [Reusable water bottles](#) are a great option to carry around to make sure you get your daily quota. For those who sometimes find still water a little boring, try using the [SodaStream](#) to make your own plain carbonated soda water. It's simple to use and will keep your body hydrated.

5. GET MORE REST

If getting more sleep and rest is part of your New Year's resolution plan then consider some of these tips; don't fall asleep with an electronic device on your bedside table, create a routine sleep schedule and consider a natural alarm choice. The [Philips range of UV lights](#) provides a natural stimulant for waking up that simulates the rising sun by gradually increasing the brightness in your bedroom. Once the alarm goes off, your room is filled with UV light providing an easier and natural way to beat the morning blues. Not sure how you are sleeping or when you are sleeping throughout the night? Wearable tech options such as the Fitbit products and [iHealth sleep tracker](#) will help you discover how you really are sleeping. If you are looking for a deeper evaluation on your sleep patterns, make an appointment with a London Drugs pharmacist for the Sleep & Fatigue Clinic. Patients wear a sleep watch that tracks their movements and sleep cycle throughout the night. The sleep watch data is then evaluated by the pharmacist who then provides recommendations for getting more rest.

ABOUT LONDON DRUGS

Founded in 1945, B.C.-based London Drugs has 79 stores in more than 35 major markets throughout British Columbia, Alberta, Saskatchewan and Manitoba including its online store www.londondrugs.com. London Drugs offers consumers a range of products from digital cameras and cosmetics to computers and televisions. Renowned for its creative approach to retailing, the company employs more than 7,500 people with pharmacy and health care services being the heart of its business. Committed to innovation and superior customer service, London Drugs has established itself as a reputable and caring company and continues to position itself for future growth and development.

London Drugs' patient care pharmacists are available to speak with media regarding nutrition, smoking cessation, wearable tech, healthy lifestyle and achieving optimal health. To schedule an interview or to register for a Nutrition Clinic please contact: