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Ten important health resolutions you can make for 2007

DECEMBER 19, 2006

The time is fast approaching to make resolutions for the coming year, and for many of us, those resolutions will focus on health.

To encourage the process, faculty members in the Jiann-Ping Hsu College of Public Health at Georgia Southern University developed the following list of the 10 most important health resolutions you can make.

In 2007, resolve to:

1. Engage in regular physical activity.
2. Emphasize good nutrition and reduce food intake if you are overweight.
3. Quit smoking.
4. Drink alcohol responsibly, and don't use illegal drugs.
5. Practice responsible sexual behavior to avoid sexually transmitted diseases and unwanted pregnancies.
6. Improve your mental well-being by taking time for yourself.
7. Wear your seat belt and avoid high-risk activities for which you are not trained.
8. Don't litter, burn, or pollute the environment.
9. Get a flu shot and make sure your immunizations are up to date.
10. Have an annual physical exam and participate in additional health promotion activities offered by your community.

The Jiann-Ping Hsu College of Public Health includes programs in biostatistics, community health education, environmental health sciences, epidemiology, and health services policy and management. For more information about the college, go to <http://jphcoph.georgiasouthern.edu/>.