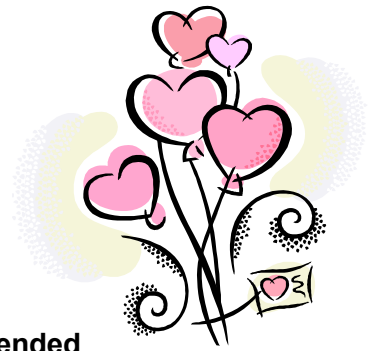


# Frackson Health Care

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## February 2010 Edition

**We would like to express a big thank you to those of you that attended our Healthy Detox and Weight Loss Seminar.** The office staff all had a great time preparing for this presentation and is already looking forward to the next one. Thank you to those of you who sent us such wonderful thanks and emails. It was much appreciated. We are happy to say that we were able to give a total of \$350.00 in donations to the Mustard Seed Food Bank and The Red Cross for Haiti.

**We hope that your New Year is off to a healthy start. However if you weren't as disciplined as you had hoped to be, here is to a new beginning!**

### **Three Steps to Staying Healthy:**

#### Sleep More

We've become a culture of sleep deprivation rather than rest; there are so many things to do and so little time to do them that we often sacrifice what we need most for good health: sleep. Poor sleep contributes to fatigue and irritability in the short term and is linked to serious health conditions in the long term. So tonight, turn in early and get the sleep your body and mind deserve.

#### Eat Less

Excess - another cultural staple that wreaks havoc on our bodies and leads to obesity, cardiovascular disease, diabetes and more. Portion control is a major step toward attaining and maintaining a healthy weight, as is eating less overall. Too many of us fall victim to the buffet and "super size" mentality, rather than eating frequent small meals that will fuel your body the right way.

#### Keep Moving

With obesity at an all-time high and on the rise, there's no better time to get off the couch and start moving. It's a simple concept: When your body moves, good things happen - increased metabolism, fat loss, better circulation; and when it doesn't move, you're setting the stage for all sorts of negative consequences, including weight gain, various diseases and even cancer.

<http://www.toyourhealth.com/mpacms/tyh/article.php?id=1264>

**What could be better in a February newsletter than a wedding announcement?!** Congratulations to Andrea (our wonderful receptionist) on her engagement to Ben. They will be married in Victoria on June 4, 2010. Best wishes and love to both of you!

