



As we enter the year 2009, the Livingston, NJ Health Department wishes our residents a healthy, peaceful and Happy New Year. We encourage everyone to set personal goals that will result in maintaining a healthy life-style for themselves and their family. Please take inspiration from these ideas that we wish to share with you and work out a health and happiness regime that works best for you.

“I will go for Regular Exercise”... if not the gym, than yoga or Pilates or dance, a walk in the park or around the oval will work. Minor changes in your lifestyle can be effective: walk to get the paper instead of driving, park in the last row of the parking lot or take the stairs, not the elevator.

“I will eat a Proper Balanced Menu”... practice moderation in all you eat and drink and maintain equal exercise with your food intake. Moderation is the key in all the things we do. Remember that the more colors on your plate, the healthier you will be. Along with vegetables and greens, add fruits, yogurt and grains.

“I will De-Stress and Keep Myself Happy”...making the people around me happier. You must do what ever it is that you enjoy - see a play with a friend or loved one, treat yourself to a facial or a pedicure/manicure, set time aside to read good books. Take a class, have a special day set aside for children or grandchildren to see the holiday decorations in the city. Start in this New Year of 2009 to do something you always wanted to do or continue to spend a specific amount of time on these hobbies.

“I will make a quiet effort to be more positive and pleasant to all”...a kind word, a smile, taking some extra time with someone, giving a compliment and praising someone’s job. Appreciate the effort of others and tell them so.

