

Kenner Wishes You Great Health in 2011

We at Kenner wish a happy New Year to all of our patients and customers. This year, Kenner will be focusing on helping the members of our community to develop and maintain healthy lifestyles. You should expect to hear a lot from us about the “Healthy Community” during the months to come, both in the Traveller and elsewhere.

A healthy lifestyle goes beyond the New Year’s resolutions that so many of us make at this time of year. It is based on a set of healthy choices and behaviors that we make a part of our lives. Unlike a January resolution, you can’t “break” your lifestyle by deviating from a diet plan or forgetting to go to the gym for a few days. All of us have times when we are less healthy in our habits than we would like. With a healthy lifestyle, we can accept that (and enjoy the occasional splurge) then move back to the behaviors that will reward us with better health and better lives for many years to come.

The biggest difficulty in maintaining healthy habits is that it is hard to see the results of unhealthy behavior right away. A habit of not exercising or of not eating a variety of fruits and vegetables will not seem to hurt us much at the end of the day or week. But the results of behaviors, good or bad, accumulate and can become very obvious as months and years go by. The heart disease or cancer that develops from smoking, for example, may take many years to manifest, but it will be devastating when it occurs. The choices we make today will determine how long we live and how well.

The Internet has plenty of good information and helpful strategies to live healthily. For tips about nutrition and exercise, I often refer to the American Dietetic Association’s website, www.eatright.org. Information about First Lady Michelle Obama’s *Let’s Move* campaign to raise a healthier, more active generation of kids can be found at www.letsmove.gov. Our experts on the Kenner staff will be providing more helpful guidance and references in the following weeks.

During this year, I hope that each of you will personally benefit from this focus on lifestyle and become a part of Fort Lee’s Healthy Community.

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