

# 2021: *Healthy* NEW YEAR

THE START OF A NEW YEAR IS THE PERFECT TIME TO SET NEW RESOLUTIONS FOR IMPROVING YOUR HEALTH.

## SCHEDULE ANNUAL CHECKUPS

A lot of people skip visiting their primary care physician once a year. But seeing your doctor to monitor things like blood pressure, cholesterol, weight, and so much more, should be a top priority! Annual visits give you a big-picture view of how your health is doing and any potential areas of improvement. If you need to find a primary care doctor – or want to switch to a new doctor – **now is the time!**

## KEEP YOUR LEGS HEALTHY!

Every day, 60,000 miles of tiny veins pump 1,900 gallons of blood to your heart from the rest of your body. The one-way valves in your veins control blood flow and pressure by opening and closing as blood is pumped through your body. In healthy legs, blood easily flows up your leg toward your heart. The venous valves prevent blood from flowing backwards in the veins and pooling in your legs.

Venous disease occurs when the valves in the veins become weak or damaged. When your valves “leak” and blood pools in your leg veins, pressure starts building and results in symptoms of vein disease.

### Symptoms of venous disease include:

- Varicose veins
- Spider veins
- Leg pains/aches
- Throbbings
- Burning
- Numbness
- Muscle cramping
- Swelling (edema)

If you are experiencing any of these symptoms, the sooner you begin prevention, the better! Our compression socks and stockings are perfect for preventing venous disease and relieving pain. For everyday comfort, try our Casual Wear Collection!



### **SALVERE CASUAL WEAR, KNEE HIGH, CLOSED TOE, 15-20 MMHG**

Everyday comfort for everyday life. A classic ribbed design that looks good on everybody, Salvere's Casual Wear seamless sock is padded in the foot area to cushion, protect, and absorb the impact from walking or standing on all types of surfaces. An extra-wide top band provides additional comfort and control for all-day wear

#### **Product features:**

- Ultra-wide control top bands
- Padded sole that absorbs lower legs stress from long hours of standing
- Y-gore toe pocket for a more relaxed toe fit
- Y-gore heel pocket design that fits to the natural curve of the heel
- Mesh upper foot ventilation panel for breathability
- Fully seamless sock
- Latex free


#### **Recommended for:**

- Administrators
- Healthcare professionals
- Executives
- Long-distance travelers
- Aviation professionals
- Educators


## **PRIORTIZE YOUR OVERALL HEALTH**

Historically, one of the top New Year's resolutions is to lose weight. Unfortunately, most individuals search for fad diets and products to achieve their goals quickly, prior to making healthy lifestyle changes. Normally, individuals either give up or experience only short-term success with fad diets.


This year, OccFit Solutions encourages you to set a resolution for a healthier lifestyle. Making healthy lifestyle changes will help you feel AND look better! Try any or all of these resolution suggestions to kickstart a new, healthier you!

 Develop an exercise routine with room for improvement as your make progress throughout the year.

- Aim to get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week.
- Perform strength training exercises of major muscle groups at least twice a week.

 Maintain a well-balanced, healthy diet

- Try to eat a variety of fruits, vegetables, whole grains, protein-rich foods and healthy fats.
- Evaluate your normal eating habits and explore what small changes you can make in your meals/snacks to improve your nutritional health.
- Drink plenty of water!

 Prioritize getting enough sleep

- One of the best ways to become healthier is to get enough sleep! Aim to get at least 7 hours of sleep.
- If you have a hard time falling asleep, try to avoid blue light (TVs, phones, tablets, etc.) at least an hour before going to bed! Blue light can inhibit the release of melatonin in your body.

## **DO YOU NEED HELP OBTAINING CORRECT MEASUREMENTS?**

Your health doesn't stop being a priority, even when it's a challenge to leave the house. For your convenience and safety, we offer secure and easy virtual visits with our Certified Fitters by video to assist you in getting the correct measurements for your Compression Socks/Stockings and Orthopedic Bracing needs. Our real-time, online scheduling lets you choose from available times so you can book your virtual appointment instantly with one of our Certified Fitters.

To schedule your virtual appointment, please visit <https://occfitsolutions.com/virtual-measurement>

## TURNING YOUR RESOLUTIONS INTO REAL RESULTS

Achieving your resolutions for 2021 will be easier with proper goal setting, planning and action. Consider these helpful tips when setting your health goals for this upcoming year!

### Think S.M.A.R.T.: Make your goals...

- Specific
- Measurable
- Attainable
- Realistic
- Timely



**Reward yourself!** Consider giving yourself a reward for hard work after meeting a milestone in your goal!

**Be Flexible:** It is okay to re-adjust your goals to make them more attainable during hectic times.

## HEALTHY SKIN FOR THE WIN

Our retail site, The Medical Zone now proudly carries Rodan + Fields Skincare products! Rodan + Fields provides life-changing, easy-to-use products that are clinically tested to give real results. Start the year of 2021 off right by helping your skin feel like time is reversing!

Featured Skincare Regimen:



### RODAN + FIELDS REDEFINE REGIMEN

Turn back time. Reveal younger-looking skin with our easy + effective 3-step Regimen to help visibly reduce fine lines + wrinkles, smooth texture and restore bounce.

Typical Use: Twice daily, in the AM + PM

#### KEY BENEFITS:

Visibly improves fine lines, wrinkles and loss of firmness

To explore more Rodan + Fields skincare regimens and products, visit [www.themedicalzone.com](http://www.themedicalzone.com) !