

# Healthy Living

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As we closed the year 2009, and entered in 2010, it is a good idea to look back at your own health care needs and issues. Here are some thoughts and questions to consider.

1. Did I enjoy good health during 2009?
2. Was I positive-minded?
3. What exercise program was I involved in?
4. Did I learn and practice pranayama or breathing exercises?
5. What cardiovascular fitness/exercise did I do? (Running, walking, swimming, cycling, etc.)
6. Was I maintaining my diet last year? What attention did I pay to my daily food intake and the types of foods and total calories consumed?
7. Was I selective in my food choices or not?
8. What has happened to my body weight- gained, lost, or stayed the same.
9. Did I modify my coronary risk factors (e.g. smoking, alcohol use, etc?)
10. Was I wearing my seatbelt while driving?
11. Did I take all my medications as prescribed by my physician?
12. When was my last physical examination, labs, etc.?
13. Are all my vaccinations up to date?
14. During 2009, did I complete my pap test or mammogram or colonoscopy as required to complete screening tests.

This annual introspection into one's health is an excellent idea. You can do this at any specific time during the year (birthdays, Holi, Diwali and other important days of year, etc.) Once you know what your needs are, then plan to complete them by 2010. Set up that date for your annual physical examination or make that exercise and diet schedule.

Wishing you all a very happy and prosperous New Year 2010... Cheers!