

**Ideal Carpet
Cleaning**

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Healthy Home News

"Secrets For Living A Healthy, Wealthy & Happy Life..."

How to Make (and Really Keep) Your 2019 New Year's Resolutions

At the start of every year many people wonder how to keep the New Year's resolutions they've set. (Sometimes it seems like resolutions are just meant to be broken.) So here are 9 great tips for making and keeping your 2019 New Year's Resolution better than you ever have before.



- 1. Make smaller & specific resolutions.** Don't make resolutions too big because that could set you up for failure. Set smaller, specific ones you can really achieve.
- 2. Write them down.** "A goal unwritten is only a wish." Those who write down their resolutions have a much higher chance of accomplishing them.
- 3. Tell others of your resolutions.** We're more likely to achieve our resolutions when we make them public. You can share with friends, family and/or in social media. Accountability to someone else is a good thing.
- 4. Make a plan.** Your resolution should never just be another to-do list item. Make a plan to succeed.
- 5. Tweak if necessary.** Feel free to tweak the goal, if needed. Look at your lifestyle and revise your goals to make sure they really fit in as you go.
- 6. Celebrate small successes.** If your focus is just on the full achievement, you may feel discouraged and quit. Be sure to recognize your smaller successes along the way.
- 7. It's about progress, not perfection (get back on track).** If you falter, know that you're in good company: 75 percent of resolution makers slip up within the first two months. A slip-up doesn't mean it's over. Get back on track. You don't have to be perfect, just progressing.
- 8. Keep doing what works.** Once your behavior starts to feel routine, it's easy to assume you have this in the bag and can let down your guard. Keep doing whatever you're doing that's working. Don't let up.
- 9. Believe you can do this.** Henry Ford said, "Whether you think you can or you think you can't, you're right." Believe you're capable of changing, and then get busy to make it happen.

**Cool Blogs, Sites
& Online
Resources to
Check Out!**

An Amazing & Free Website to Visit This Month:

"Unsplash"

This is an awesome site with beautiful FREE photos that have been donated by the world's most generous community of photographers.

Every photo published on [Unsplash.com](https://unsplash.com) is licensed under *Creative Commons Zero*, which provides users with the freedom to copy, modify, distribute, and use all of the photos without permissions or attribution... for FREE!

You'll love the uniqueness of the photos. With pages upon pages to view, you have thousands of images to admire & choose from.

In fact, the photo of a fireworks display in the story to the left is from unsplash.com.

www.unsplash.com

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Get Inspired



Outstanding Client of the Month!

Meet Richie Allen

Every month I choose a very special **Client of the Month**. It's my way of acknowledging loyal clients and saying a big **"Thank you!"** to those who support me and my business with referrals and repeat business...You could be my next **Client of the Month!**

See Insert This Issue...



Astonishing Savings on Cleaning!
It's Win-Win for Everyone in January!

(see colored insert)

Health Corner

5 New Year's Resolutions for a Happy – and Healthy – 2019

Experts from Johns Hopkins University in Baltimore, Maryland have some advice to help you make your healthy resolutions for 2019.

1. Pay attention when you eat. Eating when you're distracted leads to overeating. Take time to slow down and pay attention to your food, even pausing to put down utensils between bites. *"When you eat mindfully, it's easier to notice when you feel full, plus you're more likely to enjoy the foods you eat,"* says Johns Hopkins dietitian and research nutritionist Diane Vizthum.

2. Be cool and rest up. According to sleep expert Rachel Salas, M.D., when it's time to sleep, it's time to be cool – literally. Lowering the thermostat to 20 degrees C or 68 degrees F or lower before you tuck into bed can help you sleep better. Darken your room by drawing the curtains or dimming the display on your alarm clock to get quality sleep.

3. Have an attitude of gratitude. *"A daily grateful check-in or keeping a grateful journal is a way to shift your focus and minimize the distorting influence of stress. Reminding ourselves of the small, everyday positive aspects of our lives helps to develop a sense of balance and perspective that can enhance well-being,"* says psychiatrist Susan Lehmann, M.D.

4. 30-minutes a day of walking. If you've got a busy schedule, take three 10-minute walks throughout your day. *"That's 10 minutes before work, 10 minutes at lunch and then 10 minutes after work. Make it fun! Grab a partner at work to get you through your lunch routine. Then have a friend or family member meet you for an evening stroll,"* suggests Johns Hopkins physical therapist Stacie Page.

5. The little things make a big difference. Making small, daily changes such as taking the stairs instead of the elevator may seem small, but they can make a big difference for your heart in the long run. *"Individuals who are physically active are much less likely to develop cardiovascular disease"* says cardiologist Chiadi E. Ndumele, M.D., M.H.S.

As always, we suggest you speak with your doctor before beginning your journey to a healthier you.

Quote for January...

"No one's ever achieved financial fitness with a January resolution that's abandoned by February." - Suze Orman

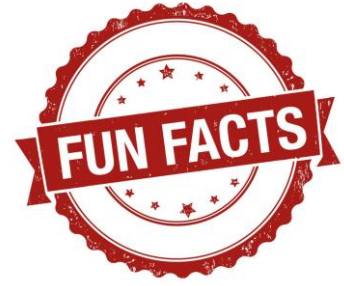
The Secret to Health is Love

Love may very well be the most important factor in keeping us healthy and young. Thousands of hours of research show that love and intimacy (or lack of them) are at the root of what makes us sick and what makes us well, what makes us suffer and what leads to healing:

- Being alone increases our chances (by between two and five times) of getting ill and dying young, no matter how healthily we live.
- You'd think that the more people you talk to the more likely you'd catch a cold from one of them. But some research has found the exact opposite. The wider variety of people you talk to often – including partners, children, neighbors, co-workers, fellow volunteers, etc. – the lower your chances of getting the symptoms of a cold, even if you've been infected. Experts speculate that if you're meeting lots of people you'll be happier and therefore have a stronger immune system.
- Among patients who survive heart disease, the ones who did best after five years, weren't married but had someone to confide in. The next healthiest were patients who were married and had a confidant. Following were those who were married but didn't have a confidant. The group members who were unmarried and had no close friend to talk to did worst; half died within five years.
- When women marry, they cut their chances of dying young by half. Men reduce their chances of dying young by five times when they're married. Researchers found that married people are most likely to take better care of themselves, for example, by eating breakfast, wearing seatbelts, exercising regularly, etc. Their healthier habits may also explain why they spend fewer days in bed ill, half as much time in the hospital, and are less likely to become disabled as they get older.
- Happily married men live eight to ten years longer than single or divorced men. Happily married women live three to four years longer than single or divorced women.

Now isn't that interesting?

January Fun Facts



In an effort to shed some light on the amazing month of January, here are a few facts you might not have known:

1. January is named after the Roman god *Janus*, who was always shown as having two heads. He looked back to the last year and forward to the new one.
2. The Anglo-Saxons called January "*Wulfmonath*" as it was the month hungry wolves came scavenging at people's doors.
3. "Dry January" is a public health campaign urging people to abstain from alcohol in the month of January, particularly practiced in the UK.
4. The two Shakespeare plays that mention January are *Much Ado About Nothing* and *Winter's Tale*.
5. More couples separate or divorce in January than in any other month.
6. January 1st is both the furthest away and closest day to December 31st.

Thanks for All the Kind Words!

It was all excellent. Thank you for asking. It was nice to see the same person you sent last time - he is so efficient and courteous, as was his helper. They worked quickly and quietly within my home.

- Richie Allen, Ottawa