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delectable  
recipes

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87  
gifts for  
everyone on  
your list

◆  
10  
ideas for  
festive fun

psst! this wreath  
is super easy!



# holiday central

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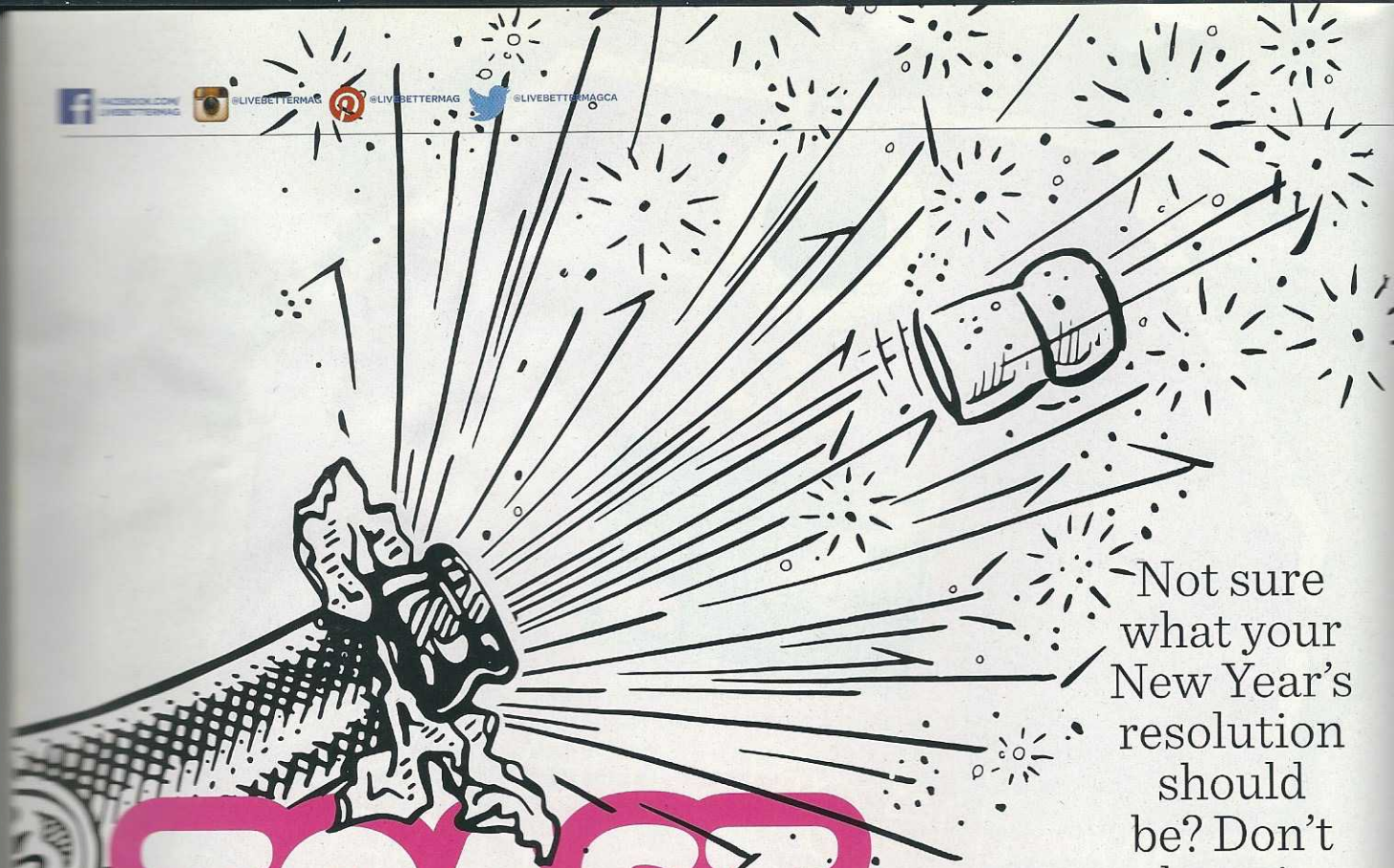
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# TOAST TO YOUR HEALTH!

Not sure what your New Year's resolution should be? Don't despair. Start 2016 with one of these ideas from ten Canadian healthcare experts.

By Lisa Mesbur



YOU SHOULD:

## ***Move for 30 minutes a day***

Be physically active at least 30 minutes every day. This physical activity can include cycling, sports or walking your dog if you have one. Research shows that even if you break up the 30-minute goal into three 10-minute segments, you will still see the same health benefits. Studies also show that adding 30 minutes per day of easy-to-moderate exercise can reduce your risk of heart disease, slow progression of dementia and Alzheimer's, reduce pain from knee arthritis, reduce anxiety and depression, slow the progression of diabetes, and much more. So if you're motivated to live better this year, park your car a little further away from the store, go for a walk with a friend or make a habit of strolling your neighborhood after dinner. Every little bit helps. —**Richard Gregory, osteopathic manual practitioner and certified athletic therapist, Ottawa**

YOU SHOULD:

## ***Stop smoking!***

Thankfully, the number of people who smoke seems to be decreasing, but if you still do, quitting is the single best thing you can do for your health. Smoking increases the risk for so many diseases, including macular degeneration and glaucoma, two of the leading causes of blindness in North America. Without the toxins from smoking in your bloodstream, your body is able to function better, deliver more oxygen and remove other toxins.

—**Dr. Kristin Heeny, optometrist, Toronto**

