

Health Happiness & Harmony

SPECIAL ADVERTISING FEATURE



It's never too late to quit smoking.

Every year, 1.3 million Americans make a quit attempt and you can be one of them in 2024.

Setting goals for yourself is not something that has to be saved for New Year's resolutions. One of the best gifts you can give yourself this year is the gift of health. Taking steps to quit smoking, vaping, or using other tobacco products is one of the best ways to improve your wellbeing.

There are so many benefits of quitting nicotine including:

- **Better health immediately and long term.** Within minutes of quitting, the heart rate comes back down. Within days, carbon monoxide levels in the blood drop and coughing and shortness of breath decrease. Over time, the long-term risks of heart disease, stroke, and cancers decrease drastically. Smokers who quit report having more energy and feel better overall.
- **Financial gain.** Did you know that smoking a pack a day takes \$42 out of your paycheck each week? That equals over \$2,500 a year in nicotine products.
- **Time.** Quitting smoking adds to a person's lifespan. Smoking is one of the deadliest forms of addiction, and by quitting you can also build up your immune system to fight off other illnesses.
- **Mental health.** There is research showing that quitting helps reduce depression and anxiety.

There are many other benefits to quitting, you can probably come up with a few of your own. Whatever your reason, you won't regret it.

The good news is you don't need to start your quit journey alone. The Ohio Tobacco Quit Line (OTQL) offers a customized plan with one-on-one support to help you quit. The Quit Line pairs you with a certified coach who is experienced in helping people recover from nicotine addiction. The program offers nicotine replacement therapy and 24/7 support to help you quit and stay in recovery. You can learn more or enroll in the OTQL by calling 1-800-QUIT-NOW (1-800-784-8669) or by visiting www.ohio.quitlogix.org.

The Medina County Health Center is also available to help with your other healthcare needs. Primary care visits are available with or without insurance, as are screenings, immunizations, family planning, and dental services. Call the Health Center at 330-723-9688, Option 1 to make an appointment.

Take that first step to changing your life for the better, you'll thank you for sticking to your quit resolution.

Exercise guidelines for adults

Metro Creative

A physically active lifestyle has been linked to a host of health benefits, including a reduced risk for various chronic diseases and a longer, healthier life. The U.S. Department of Health and Human Services notes that moving more and sitting less benefits people regardless of their age, sex, race, ethnicity, or even current fitness levels.

Whether they're adapting to a more physically active lifestyle, already physically active or somewhere in between, individuals can benefit from recognizing the latest physical activity guidelines from the DHHS.

Adults

The DHHS notes that substantial health benefits can be gained when

adults do between 150 and 300 minutes of moderate-intensity aerobic activity each week or between 75 and 150 minutes of vigorous aerobic activity each week. The DHHS notes that aerobic activity, which can include walking, running, cycling, and hiking, among other activities, should be spread out over the course of the week. In addition to aerobic activity, the DHHS urges adults to do muscle-strengthening activities of moderate or greater intensity on two or more days per week.

Older adults

The DHHS recommends older adults adhere to the same guidelines as younger adults but take some additional steps as well. Older adults are urged to incorporate multicomponent

physical activity that includes balance training into their fitness regimens. The DHHS also advises older adults to determine their level of effort for physical activity relative to their fitness level. It's also recommended that older adults with chronic conditions discuss their ability to engage safely in regular physical activity with their physicians. Vigorous- and even moderate-intensity exercise may not be possible for some older adults with existing conditions.

Routine physical activity can help adults and older adults live longer, healthier lives. Adults of all ages are urged to speak with their physicians about safe ways to become more physically active.

Relationship Resolutions: 3 Steps for Making Your Marriage Great

Are you already wavering on your goal of improving your relationship? The initial excitement can quickly turn into a daunting task, especially when life's chaos seems to hinder your progress. Fear not! Let's transform those relationship goals into engaging habits that will redefine the dynamic between you and your partner.

Enhance Your Own Positivity and Pass it On

It only takes a little effort to develop a culture of fondness and admiration in your relationship. Instead of dwelling on what's going wrong, make it a habit to highlight what's going right. Express your love and appreciation for those moments when your partner shines, whether it's their quality time with the kids or the thoughtful decision to order takeout on busy evenings. Shower them with compliments and let the positivity flow!

Be Vulnerable

Trust and passion are nurtured through open conversations about your needs and desires. Take the initiative to delve into intimate discussions about what brings you joy, what makes you feel good, and your dreams for the future. Want more words of affirmation? Let your partner know that hearing how much they've missed you after time apart warms your heart. Communication is the key to building a deeper connection.

Turn Towards Your Partner to Boost Intimacy

Want to dial up the intimacy? Be intentional about responding to your partner's bids for closeness. If they seem upset or in need of a chat, don't brush it off. Turn towards them and ask, "What's wrong?" It's the small, intentional moments that build bridges. Small or big, acknowledge and support their bids for connection. Let them feel

your unwavering presence whenever they need it most.

Now is the time to reset your relationship. I've worked with hundreds of couples and now I am offering couples retreats to take your relationship to a whole new level. Gear up for a journey of love and connection, where each habit is a step towards lasting happiness! Sign up for my next free virtual webinar to learn more.

the Seven Principles for Making Marriage Work

WEEKEND INTENSIVE WORKSHOP FOR COUPLES ENRICHMENT

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Learn from the groundbreaking research of **Dr. John Gottman**, a leading authority on relationships and marriage, in this intensive weekend workshop. Gain insights into the seven principles that can transform your relationship and bring lasting happiness!

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...for sticking to it.

Scan the QR code to get free support from the

Ohio Tobacco Quit Line

or call
1-800-QUIT-NOW (784-8669)





Services are partially funded by your local health dept. This institution is an equal opportunity provider.

Your Complete Family Dentist

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