

STAYING WITH YOUR **NEW** HEALTH REGIME!

The beginning of a new year brings an opportunity to reflect upon the past year and create new habits and goals to become your best self.

If you initiated a resolution for better health and fitness at the beginning of 2013, now is the time to renew your motivation and stay with your plan.

By taking control of your health

and advocating for your own well-being, you've taken the first step towards a healthier lifestyle, which can benefit you in the short and long-term.

Being active is an important part of a healthy regime, and regular exercise can help you alleviate stress, maintain a healthy weight and even provide a social outlet. It can also lower your risk for certain types of cancer, in addition to heart disease, diabetes and stroke.

Before pursuing a new diet or exercise regime it's important to schedule an appointment with your physician to review your health history. Even for those of you who haven't initiated a new health and fitness regime, now is also a good

time to schedule your regular physical and discuss any upcoming screenings you might need in the coming year.

With three rural clinics available, Copper Queen Medical Associates are often able to accept same-day appointments. By offering easy

access and numerous locations,

Copper Queen is ready to assist you and your family with all your healthcare needs.

This health information is brought to you by the physicians of Copper Queen Medical Associates.

Located in Bisbee, Douglas and Palominas- Hereford our medical providers offer services in internal medicine, family medicine, pediatrics and surgery.

The Bisbee clinic is located at 101 Cole Avenue, 520-432-2042; the Douglas clinic is located at 100 East Fifth Street, 520-364-7659 and the Palominas-Hereford clinic is located at 10524 East Highway 92, 520-366-0300.



This message is brought to you by Copper Queen Medical Associates.



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