



PIDD Post

Volume: 5

BioRx... Get headed in the right direction.

What about those New Year's Resolutions?

Getting in shape, exercising more, and eating better are probably the most common resolutions every year, and for good reason. A healthy lifestyle is one of the greatest gifts that you can give yourself. The benefits of making fitness a regular part of your life and eating a nutritious diet are many – including boosting immune system function.

Here are some tips to help get you started or keep you motivated as you travel on the road to wellness.



■ Establish an exercise program

- Exercise moderately 3-4 times per week.
- Find what works for you - walking, hiking, biking, swimming, strength training, and recreational sports are just a few of the many choices.
- Don't be afraid to sweat! Take the stairs instead of the elevator and park farther away from the front door at the store to generate extra activity.
- Intense exercise may actually depress the immune system, so take it easy.

■ Establish a healthy diet

- Eat a balanced diet and enjoy a variety of foods in moderation.
- Include more fruits, vegetables, whole grains and legumes, for more fiber.
- Eat fewer processed foods in order to consume less fat and salt.
- Hydrate with water throughout the day.

■ Other helpful wellness tips

- Comply with your Ig therapy.

- Proactively schedule and keep necessary doctor appointments.
- Report and discuss any problems you experience with your health care team.
- De-stress – look into the practices of meditation, yoga, and Pilates.
- Try to rest when you are tired and sleep at least 8 hours each night.
- If you smoke, investigate options to help you quit.

Small changes, realistic goals, focus, and the support of family and friends are some of the stepping stones that can offer big results to steer you in the right direction. Part of this exploration is finding what fits and works best for you.

Experiment and adjust accordingly. If it works for you, stick with it. If it's not effective or you don't enjoy it, move on to the next thing. But hang in there!

Remember:

Always consult your doctor before beginning any exercise or diet program. Your health care team, including your doctor, nurse, registered dietitian, and BioRx representatives (your specialty pharmacy) are all in your corner, cheering you on to help you be your best!



"Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity."

– World Health Organization, 1948

For more information, contact us at: 1-866-442-4679 or www.biorx.net

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