

“Time and health are two precious assets that we don't recognise and appreciate until they have been depleted.”

– Denis Waitley

Dear Member

We're already halfway through the year, which makes this month the perfect opportunity to look back on our health journey thus far, and realign our health goals for the second half of 2019. Good health is no coincidence – by planning ahead we can ensure a happier, healthier and longer life to spend with our loved ones. In this issue, we'll help you to refine your health roadmap for the next six months.

Also be sure to take a look at our handy “six month to-do list” for your health, as well as some great nutritional ideas to add a little more colour to your diet... both in taste and value!

We'll also show you why sticking with one doctor and building a relationship with them is so important. Finally, we'll also share some ideas on how you can pass on healthy habits to your little ones in order to help them start their health journey from a young age.

Here's to a healthy month... and second half of 2019 ahead! Enjoy the read.

#### POLMED YOUR CARE Support Team



#### NEXT GEN THINKING: HOW TO PASS HEALTHY HABITS ON TO YOUR KIDS

By instilling good health habits in your kids from a young age, you'll improve their chances of living a healthy lifestyle later in life. Here's how!

[READ MORE...](#)



#### STAY PUT: WHY 'DOCTOR-HOPPING' IS BAD FOR YOUR HEALTH

Going from one doctor to the next? You should consider building a relationship with one GP for a sustained period. Here's why!

[READ MORE...](#)



#### EAT A RAINBOW

They say that “you are what you eat”. Adding more variation to your diet helps to optimise your nutritional balance. Knowing what different colours in your foods mean, is a great place to start.

[READ MORE...](#)



#### CHECK! YOUR HEALTHY LIVING TO-DO LIST FOR THE NEXT SIX MONTHS

Want to live healthier but don't know where to start? This checklist will get you on your way and help you to sustain a healthier approach to living.

[READ MORE...](#)