

# YOUR CARE POLMED

December 2019



“What the new year brings to you, will depend a great deal on what you bring to the new year.”

– Vern McLellan



Dear Member

The festive season has arrived! It's been a long year, but also one that has been filled with lots of positive for Polmed and its members.

Now, as gear up for the festive season, it's just as important as ever to focus on our health and wellbeing. In this edition, we share some handy tips to help you stick to your new year's health and wellness resolutions. In addition, we also investigate whether fruit is always a better option over sweet indulgences... and the answer may surprise you!

We hope that the festive season is filled with joy and laughter for you and loved ones, wherever you may be. Thanks for reading, and here's to a successful, happy and healthy 2020!

Kind regards,  
Polmed Your Care Support Team

## In this issue...

### 2 STEPS TO KEEPING YOUR 2020 NEW YEAR'S HEALTH RESOLUTIONS

Don't start strong and then let it slide. Here's how you can keep your resolutions on track when the new year rolls around.

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### WHEN FRUIT IS BAD FOR YOUR HEALTH

There's always a point when any type of food can be "too much"... even with something as seemingly healthy as fruit. Here's what you need to know.

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