

Inspired Health at CMC...

A New Year often pushes us to set new goals, all the things we postponed the previous year are now an urgent aspiration. A new year full of possibilities has a magical quality, the calendar flips from one year to the next, and we are convinced we can accomplish almost anything we certainly can try. Each of us correct different goals that may affect us personally or collectively as a family or community. Our ambitions may guide us to travel more, eat healthier, serve others, exercise or spend less time on social media. Change doesn't come easy for most of us; it requires a lot of hard work, determination, and patience.

In this season of change I challenge each of you to write down a least one goal you wish to accomplish in 2017. Set small attainable goals (remember the tortoise won the race): for example if you need to lose 50 pounds, set your goal to lose 10 pounds every three months. Before you know it you will be 50 pounds lighter. If you want to quit smoking, cut your cigarette consumption in half each week, after a while you will have hundreds of extra dollars saved up for a nice vacation. **If you need help with any of these two goals call us and we will be happy to help you: At Carolina Medical Consultants, we care about your health and we consider ourselves your partner in getting healthy for 2017.**

If we are honest with ourselves, we all need to change something. It is part of being human to evolve and grow to become the best version of ourselves possible. Change is what makes life worth living, gives it color, flavor and excitement. If each of us are working to be our best, the world is bound to be better place!!!

Be the change you want to see in the world ~ Gandhi

