



FOR IMMEDIATE RELEASE – December 27, 2011  
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## **BE SUCCESSFUL IN 2012**

A new year is approaching, and resolution-making is in full-swing. Not surprisingly, more people are focused in 2012 on improving their overall health and wellbeing. The most common resolutions for the New Year include:

- Shaping up or losing weight
- Quitting drinking or drinking less alcohol
- Quitting smoking
- Spending less time with TV or computer

One reason these goals typically top the resolution lists in December but are forgotten by March is because people try to achieve them alone. It doesn't have to be that way this year. The Arizona Department of Health Services (ADHS) will help you make the changes permanent – and the help is free of charge!

“A plan and a pal are the keys to making your resolution work,” said Will Humble, ADHS Director. “Decide what you want to do and find someone you can depend on to help you. I do the treadmill every night with my son. If I forget or am tired, he’s really good about reminding me.”

Support is what helped thousands of Arizonans quit using tobacco. The Arizona Smokers' Helpline is one of the most successful programs in the country, in part because of its flexibility and accessibility. If people need a supportive voice, the hotline provides coaching by phone (800-55-66-222). For those who are more word, text or email-based, there's [online support](#). There's even a new [iPhone app](#) to give would-be quitters the help they need, as well as a Facebook page. Plus, the staff at [ASHLine](#) can tell you about nicotine replacement therapies, and may be able to help you get a free patch or prescription.

When it comes to shaping up or losing weight, ADHS has lots of web-based resources. [Eatwellbewell.org](#) is full of ideas on how to be active with your family and make good choices about the foods you eat. [Myplate.gov](#) discusses the importance of balancing your diet. The ADHS website has other tips, as well, like how [farmers markets](#) can help you find fresh fruits and vegetables. If you need help designing a [fitness plan](#) that works for you, ADHS has that too.

For those who have a goal to stop drinking or reduce their consumption of alcohol in 2012, ADHS can help. ADHS provides a [fact sheet](#) with helpful information about alcohol use. People also can access substance abuse programs across the state by calling 1-800-662-HELP (4357).

No matter what your goals are for 2012, you can accomplish them. And we can help. Check out the [Healthy Living website](#), which includes inspiring stories from people at ADHS.

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