

Your Health Horoscope *By Loraine Fick*

Need realistic guidelines for a healthy, well-balanced life? Maybe they're written in the stars. But don't limit yourself to your own zodiac sign. Start the new year right with Aquarius and work your way to Capricorn, incorporating each healthy tip as you go. You'll thank your lucky stars you did.



Aquarius ✧ *Just Add Water*

January 21 – February 19

Be a water-carrier like Aquarius and take a bottle everywhere you go. Getting eight glasses daily keeps your body running at peak efficiency. And while the jury is still out about whether water aids weight loss, foods with high water content (especially fresh fruits and veggies) can help fill you up with fewer calories.



Pisces ✧ *Go Fishing*

February 20 – March 20

Good news for your heart: Studies show that omega-3 oils in certain fish can lower fat in the bloodstream. Shoot for two servings of salmon, tuna, trout, herring, sardines or mackerel a week. But don't deep-fry or you'll cancel out the health benefits.



Aries ✧ *Start Anew*

March 21 – April 20

Aries—the first sign in the zodiac year—signifies new beginnings. Now is a good time to find new and better ways to deal with stress. Sure-fire strategies include exercise (reduces pounds as well as tension), talking with a supportive friend, getting a relaxing massage and learning how to be more assertive.



Cancer ✧ *Get Active*

June 22 – July 22

According to *cancer.org*, a third of cancer deaths are related to poor diet or inactivity. This month, commit to moving 10 extra minutes a day. It's easy to do. Park farther away from the door everywhere you go. Take the stairs several times a day. Play tag with your kids.



Gemini ✧ *Pair Up*

May 22 – June 21

Follow the example of these zodiac twins when making healthy lifestyle changes—use the buddy system. Whether it's eating right, exercising or trying a new activity, doing it with a friend increases your odds of success. Do something good for yourself and a friend—make two people healthier!



Taurus ✧ *Break Free*

April 21 – May 21

Taurus the bull is persistent and determined. Those qualities can help you take the bull by the horns and quit a really bad habit, like smoking, or start a really good one, like making time for a healthy breakfast. If it's tough at first, keep trying! Habits can take a month or more to develop.



Leo ✧ *Get Rested*

July 23 – August 21

It's vitally important to your health to get the lion's share of sleep. This month, aim for seven to eight hours every night to avoid the many ill effects of sleep deprivation including decreased alertness, elevated blood pressure, mood changes—even weight gain.



Libra ✧ *Seek Balance*

September 24 – October 23

Healthy eating doesn't mean doing without the foods you love. This month, take "balanced diet" literally by balancing exercise and eating. If you eat a few cookies, walk a mile. If you take a yoga class, you earn a delicious smoothie afterward.



Sagittarius ✧ *Do Good*

November 23 – December 22

Try to aim high like Sagittarius the archer. You feel good when you give your best, whether to family, friends, work or hobbies. There are many ways to share your best efforts: Volunteer at a homeless shelter, help build a Habitat for Humanity house, coach a youth sports team.



Virgo ✧ *Add Structure*

August 22 – September 23

Virgos are known for their love of order. Make your life more orderly by establishing and sticking to a daily schedule. Things you plan for have a much greater chance of getting done! Be sure to include enough time for rest, relaxation and regular meals.



Scorpio ✧ *Shop Smart*

October 24 – November 22

Take the sting out of your grocery bill: Don't shop hungry, make a list and stick to it, and check grocery ads before you shop. Focus on the outside aisles, where healthier, less expensive staple foods are displayed. And when you check out, keep an eye on the register—pricing mistakes are fairly common.



Capricorn ✧ *Chill Out*

December 23 – January 20

Don't let people get your goat. Getting angry is natural, but staying mad for a long time just isn't good for you. When you feel anger mounting, cool off with physical activity, take a quick time out (count to 10 or leave the scene) or try deep-breathing exercises.