



HEALTHY LIVING

YOUR EXCLUSIVE GUIDE TO MODERN HEALTH
SPRING/SUMMER 2024

Women's health

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Welcome

SPRING/SUMMER 2024

Welcome to the Spring/Summer edition of Healthy Living!

First up, Costco Pharmacy manager, Jackie, gives a run-down on how the pharmacy helps to support women's health, on page 5. Next, head to the Optical Centre to learn about finding the best contacts for you on page 10.

Are you affected by seasonal or year-round allergies? Learn ways to improve your symptom management on page 12. Become your own health advocate with advice on speaking up for yourself at the doctor or pharmacist, on page 14. Learn the importance of addressing your asthma on page 16, and get a fresh start this spring with tried and true steps to help you commit to improving your health, on page 18.

The Healthy Living Team



WOMEN'S HEALTH

How to make the most of the Costco Pharmacy when it comes to women's health.

Maintaining general health is crucial to preventing long term issues. It can often fall to the bottom of the priority list, but it doesn't have to, if you know how to make the most of your pharmacist.

In New Zealand, medications classified as 'pharmacist-only' can be directly provided by pharmacists after a consultation, making it much easier for patients to access healthcare for non-urgent issues. Not only does it save people time, it also saves on doctor's fees!

Bridging the gap

There are a range of women's health issues that pharmacists are able to advise on, so patients shouldn't shy away from asking questions. "Pharmacists have a lot of general

knowledge, and have been taught to spot red flags for many non-urgent conditions," says Jackie Chun, pharmacist and Costco New Zealand's Pharmacy manager. "So, if we can treat the problem, we will treat the problem, and if we can't, we'll refer you to a health professional who can."

Historically, women have been impacted by a lack of research on female-specific health issues. Although this is beginning to change, there is still a stigma around some health concerns. So, speaking to your pharmacist about your health might seem daunting, but it's important to keep in mind that they are trained to help. There are both male and female pharmacists on staff at the Costco pharmacy, and a dedicated, private consultation room is also available.



Enquire at the pharmacy

Here are some examples of what pharmacists can help with, and the kinds of questions that may be asked:

Contraception

The Costco Pharmacy can prescribe a range of oral contraceptives that are required for contraceptive purposes only. Some medical conditions limit who is eligible for this service, depending on risk-levels. "Pharmacists can screen and provide oral contraceptives for people at low risk. Some people aren't eligible because of medical conditions that might affect the safety – doctors are better positioned to take the risks into account in these cases," Jackie explains.

Pharmacists are only able to provide contraceptives to people who have had their initial consultation with a doctor – meaning that once you have that initial prescription, you don't have to keep going back to the doctor every time your script runs out!

Costco pharmacists can also prescribe emergency contraception. "In these cases, we ask questions to determine what the risk of unwanted pregnancy is to figure out how we can best help the patient."

Menstrual pain

If enquiring about menstrual pain, you can expect to be asked about the frequency and scale of pain, and regularity of periods. "This is to determine if there are any red flags that would lead us to recommend they go see the doctor," says Jackie. "There are some people who have more unusual menstrual cycles, or have more pain or irregularity, and that's something we can either offer medication or advice for. For example, if you take preventative pain relief, you can actually reduce the severity of the pain when it comes."

Jackie highlights that it's not common for people to know the difference between normal and abnormal levels of menstrual

pain. "A lot of people are under the impression that it's normal for menstruation to be extremely painful, but it shouldn't be. It's common for women to have this problem and not have it addressed, so it's important for people to come and see us as soon as they notice this issue."

Infections

UTIs (urinary tract infections) are particularly common in women, and seeking help is important to prevent the infection from spreading to the bladder or kidneys. "We ask about the frequency and alarm symptoms to check the severity of the UTI, and see if it's treatable with the antibiotics we have," says Jackie. "If not, we will advise patients to escalate and go to a doctor."

Pharmacists are also able to offer treatment for yeast infections. "Usually we go for a quick consult to check for alarm bells, then if everything's ok, we can provide immediate treatment. This would include anti-fungal creams or capsules," says Jackie.



Ask for advice. Pharmacists can help with all kinds of medication available in the pharmacy, whether it's over or behind the counter, so be sure to ask about any concerns before buying.

Supplements

In terms of vitamins, pharmacists tend to follow doctor recommendations and help patients find the best form of supplement for them. "If you have a good and healthy diet, and you're not deficient in anything, supplements generally are not necessary," says Jackie. "However, for example, people who aren't a big fan of red meat can benefit from iron supplements, B12 and folic acid."

"For pregnant women, iodine and folic acid are usually what we recommend."

Pre- and post-natal advice

Pregnant and breastfeeding people can only use certain kinds of medication. "A lot of pharmacies have to go away and do some quick research to see if certain drugs are ok, but here at Costco, we've already got a resource sheet ready to go," says Jackie.

MAKE THE MOST OF THE COSTCO PHARMACY

Unlike doctor visits, health care advice provided by pharmacists is a service that's completely free of charge for all patients who visit. "Pharmacists are bound by a code of ethics to help all patients, as access to medication and health advice is an important right," says Jackie.

"In my experience, I have noticed that a lot of people will wait until they're in trouble before they ask for help, but that's why we're here – we can offer advice on all sorts of conditions, and can spot red flags and immediately refer you to a doctor if need be," says Jackie.

Disclaimer: All medical advice provided in this article is general and should not be taken as a personal diagnosis. If you are suffering from any severe symptoms, please contact your medical professional for specific advice and treatment. This article has not been sponsored.



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Health & wellbeing

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Nourish Ginseng Collagen 20g x 30 Sachets

Directions: Take 1 sachet, and consume product straight from the sachet immediately after opening, preferably with food. You may take up to 3 sachets per day. Precautions: Due to the nature of this jelly product, when opening you may find water in the sachet causing contents to flow out. To avoid issues on opening, hold product upright before opening each sachet. Pregnant and lactating women to seek medical advice before consumption. Product is not suitable for children.
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Always read the label. Use only as directed. If symptoms persist see your healthcare professional. If you suffer from ulcers or asthma or take any blood thinning medications always consult with your healthcare professional before taking any medicines or complementary medicines/ dietary supplements. If you are suffering cold and flu symptoms, stay at home and call Healthline on 0800 358 5453 for advice. Vitamins and minerals are supplementary to and not a replacement for a balanced diet. Losing weight takes time and effort and use of any weight management products should be in conjunction with a balanced diet and exercise. Individual results will vary. Breast milk is best for most babies. Infant formula is a healthy alternative if needed. The pharmacist reserves the right not to supply when contrary to his / her professional and ethical obligation. Limits may apply. Stock is subject to availability.

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TAPS NP19725

CONSTANT CONTACTS

Contact lens wearers have many options beyond hard and soft lenses.

THIS ARTICLE WAS WRITTEN BY CINDY UKEN. IT ORIGINALLY APPEARED IN THE AUGUST 2019 US COSTCO CONNECTION.

Contact lenses have progressed dramatically since the early 1970s, when the sight-challenged wore those early hard glass contacts that could be tolerated for only a few hours.

Decades of evolution

The glass lenses went through various changes and improvements in the 1950s, '60s and '70s. Glass and plastic were combined to make a more comfortable contact lens that allowed oxygen to reach the eye.

Late 1959 was the transformative year, with the invention of the first hydrophilic ("water-loving") hydrogel soft contact lens material. This brainchild helped launch the first soft contact lenses approved by the Food and Drug Administration in the United States.

"They were very rudimentary and you could only buy them from one company," says Dr. Burton Blaurock, a Costco member and optometrist who practises at Costco's Rancho Mirage, California, location. He has been fitting patients with contacts since 1972. "Then [soft contact lenses made by] two other companies became available in the '70s. From there, it just progressed. There are more people wearing them today than at any time before."

Today, contact lens wearers have a number of options beyond hard and soft lenses, including extended-wear contacts, soft bifocal contacts, daily disposable contacts and more.

Different materials

The first choice when considering contact lenses is which lens

material will best satisfy your needs.

Soft lenses are made from gel-like, water-containing plastics called hydrogels. These lenses are very thin, pliable and conform to the front surface of the eye.

Silicone hydrogel lenses are an advanced type of soft contact lenses that are more porous than regular hydrogel lenses and allow even more oxygen to reach the cornea. These contact lenses are now the most popular lenses prescribed in the United States.

Gas-permeable lenses are rigid contact lenses that are porous and allow oxygen to pass through them, fitting closer to the eye and more comfortably than conventional hard lenses.

Hybrid contact lenses are designed to provide comfort that rivals soft or silicone hydrogel lenses, combined with the crystal clear optics of gas-permeable lenses. These lenses are more difficult to fit and are more expensive to replace than soft and silicone hydrogel lenses.

Advantages

Blaurock says he could talk for hours about the advantages of wearing contact lenses, such as:

- Providing sharper vision with certain prescriptions or eye conditions.
- Moulding to the curvature of your eye, providing better peripheral vision and less distortion than eyeglasses.
- Offering a convenient alternative to eyeglasses when you're playing sports and exercising – allowing you to tailor your eyewear to suit your activity.



Book in a contacts consultation. Determine which contact lens type is best for you with the Costco optometrist.

- Typically remaining unaffected by weather conditions and not fogging up in cold weather, unlike glasses.
- Allowing you to “change” your eye colour.

Considerations

There are a few considerations when contemplating the move to contacts.

- It can take a while to develop the dexterity needed to put on contacts.
- Multifocal contacts are harder to adjust to than multifocal eyeglasses.

For many, the advantages of wearing contacts far outweigh the cons. If you wear eyeglasses, it’s worth a conversation with your optometrist or ophthalmologist to see if contacts can complement your eyewear regimen.

PREVENT COMPUTER EYESTRAIN

20-20-20 rule

“After 20 minutes, look away from your screen for 20 seconds and stare at any object at least 20 feet away from your location. These breaks allow your eyes to rest and reset.”

Computer glasses

“These glasses have an antireflective coating on the lenses that helps to reduce any glare that comes off an electronic screen, so your eyes don’t get as tired or strained.”

Proper lighting

“Eyestrain can be caused by excessive brightness. Closing the blinds on sunny days or, if possible, switching to softer light lightbulbs can help.”

Adjust your devices

“Adjust your devices to make your eyes more comfortable. Make the font sizes larger, increase or reduce the brightness of your screen or lower the colour temperature.”

Artificial tears

“When staring at anything for an extended period of time, your eyes tend to dry out. Using artificial tears or eyedrops will hydrate your eyes.”

Humidifier

“If eyedrops aren’t your preference, a room or desk humidifier is a great way to keep your room, and your eyes, hydrated and healthy.”

Blink

“Blinking helps keep your eyes clear of any dust or dirt particles. Taking two seconds to blink every couple of minutes keeps your eyes refreshed.”



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HANDLING ALLERGIES

Steps to reduce the misery of seasonal and year-round allergies.

Hay fever, or allergic rhinitis, causes sneezing, stuffy nose, runny nose, watery eyes and itching of the nose, eyes or roof of the mouth. According to the Australasian Society of Clinical Immunology and Allergy, around 18% of Australians and New Zealanders suffer from hay fever.

Seasonal allergic rhinitis occurs in spring, summer and/or early autumn and is caused by pollens from trees, grasses or weeds, or mould spores. Perennial or year-round allergic rhinitis is generally due to sensitivity to house dust mites, animal dander, cockroaches and/or mould spores.

Ways to combat hay fever

Prescription and over-the-counter (OTC) nasal corticosteroid sprays help prevent and treat nasal inflammation, itching and runny nose. Often a first treatment, they are considered well-tolerated and can be used long term by most. Odd smells or tastes and nose irritation may occur with use. Side effects are rare.

Prescription and OTC antihistamines block histamine, which is released in an allergic reaction. They can help reduce itching, sneezing and runny nose, but have less of an effect on stuffy nose. Antihistamines may cause dry mouth, drowsiness, blurred vision and difficulty urinating.



Allergy medications. Visit the Costco Pharmacy for a variety of over-the-counter and prescription allergy medicines.

Prescription and OTC decongestants mainly help relieve stuffy nose. Oral decongestants can cause increased blood pressure, insomnia, irritability and headache. Don't use a decongestant nasal spray for more than two or three days at a time, as it can cause worsening or rebound congestion.

Other anti-allergy medicines include cromolyn, leukotriene modifiers, nasal ipratropium and, for severe symptoms, oral corticosteroids.

Immunotherapy (allergy shot) can decrease symptoms and provides an alternative to medications.

Other treatments include sublingual allergy tablets and nasal irrigation/sinus rinse.

Consult your healthcare provider about which hay fever remedies may be best for you, especially if you have other medical conditions or are pregnant or breastfeeding.

CUT YOUR EXPOSURE

Reduce exposure to allergens with a few steps:

- Close windows or stay indoors on dry, windy days.
- Wear a pollen mask when outside.
- Avoid going outdoors in the early morning, as that is when pollen counts are at their peak.
- Check daily for pollen forecasts and levels.
- A dehumidifier or air conditioning can help reduce risk of dust mites.



GAVISCON

RELIEVES

6

SYMPTOMS* OF ACID REFLUX

1 HEARTBURN

2 STOMACH DISCOMFORT

3 THROAT OR CHEST BURNING

4 STOMACH CONTENTS RISING

5 STOMACH BURNING

6 SOUR TASTE



Costco Item #45185

*Consumer feeling of symptoms. Gaviscon Dual Action Tablets contain (per tablet) 250mg sodium alginate, 106.5mg sodium bicarbonate and 187.5mg calcium carbonate. Always read the label. Use only as directed. If symptoms persist see your healthcare professional. Reckitt, Auckland. TAPS NP19582



TAKING CONTROL

Being your own health advocate puts you in charge of planning and decision making.

While the guidance of your health care provider is important, it is also essential to be your own health advocate. After all, you know your body best. Having your concerns, questions and preferences addressed is a vital step in making informed health care decisions – you will feel more confident as you move through treatment plans with improved medical literacy.

Bring questions to your appointments

Gone are the days when talking with a doctor or pharmacist was a one-way discussion. “Take time to write down questions so you and your health provider can prioritise your health concerns,” says Dr. Melinda Ring, director of the Osher

Center for Integrative Health at Northwestern University. “Ask if there are any evaluations that should be done to explore your health needs, given your personal health risks and goals.”

Understand potential healthcare costs

In New Zealand, within the general public health system, many services may be free or subsidised for those who are eligible – for example, operations within public hospitals.

Primary care services (like GP visits, dentists and pharmacists) will usually involve a cost to patients, although many are subsidised. For example, some primary health services are free for eligible people, such as oral health care for children, and maternity care. Prescription co-payments may



Ask at the Costco Pharmacy. Pharmacists are available to answer questions, fill prescriptions and advise on medications in the warehouse.

also be waived by some pharmacy chains, depending on their chosen business model.

Secondary health care treatment (like specialists) within New Zealand's public hospital system may also be free if you are eligible. To find out more for your specific situation, speak with your health care professional, or resources can be found on the New Zealand government websites.

To avoid long wait times for non-urgent consultations and procedures, private health insurance can be useful. The Financial Services Council found that in 2021, just under 1.45 million New Zealanders had private health insurance. To find out whether private health insurance will fit your needs and to compare providers, policies and costs, a helpful place to start is Canstar's website at www.canstar.co.nz/health-insurance.

Stay on top of preventive care

Be sure to schedule regular appointments and routine screenings. "It's important to realise that chronic diseases occur on a continuum," says Ring. "Often, by the time they are diagnosed, problems have been brewing for years. For example, a person doesn't become diabetic overnight; insulin resistance may start a decade or more before. Catching things early means you can usually take action to address the problem before developing permanent damage." Quick diagnoses and fast treatments lead to better health outcomes.



YOUR PHARMACIST

Your pharmacist can be a valuable health partner. They can:

- Answer your questions about over-the-counter remedies.
- Supply immunisations, such as flu shots.
- Help you manage your medications.
- Connect with your doctor about prescription adjustments, and in some cases, prescribe medications.

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MANAGING YOUR ASTHMA

Asthma can cause serious health implications. Keep reading to learn why effective management is so important.

The 2021/2022 New Zealand Health Survey found that over 570,000 New Zealanders take medication for asthma. In children, it is one of the most common reasons for hospital visits. More than just an occasional bout of wheezing, the disease can be debilitating and even deadly.

Controlling asthma

When you have asthma, the airways in your lungs are swollen. They become even more constricted when something triggers your symptoms. Common triggers include exposure to allergens, like pollen, mould, dust mites and pet dander. Respiratory infections, exercise and acid reflux can also spark flare-ups.

Though asthma has no cure, most people can manage the illness. "Asthma is a very treatable condition," says Dr. Emily Pennington, an asthma specialist at Cleveland Clinic.

"It shouldn't be your everyday life that you can't sleep at night and need your rescue inhaler on a daily basis. We have a lot of good therapies."

The best way to control your asthma is to be consistent about taking your prescribed medications, even when you feel good. Don't skip doses. And always keep your rescue inhaler with you for times you need quick relief.

"Most of us don't want to have to deal with a chronic illness or admit we have a chronic illness," says Dr. Miriam Anand, an asthma specialist in Tempe, Arizona, spokesperson for the Asthma and Allergy Foundation of America and a Costco member. "So it can be a little tough to convince people sometimes of the seriousness."

Anand and other allergists have seen deaths in patients who failed to stay on their daily medicines and avoid triggers, she says. "That's why people don't want to write it off or discount it."



Take asthma seriously. Visit the Costco Pharmacy for asthma medications, inhaler prescriptions, and personalised advice.



Spotting the signs

How do you know if your asthma or your child's asthma is getting worse? The signs may not be obvious, Anand says. "Maybe they were somebody who used to go exercise three times a week, or they used to take the stairs at work, but now that's becoming more difficult for them."

For a child, it might mean coughing more or having to stop and catch their breath during play, Anand notes. A crying or laughing spell that ends in coughing is also a sign of poorly controlled asthma.

The bottom line: Get proper medical attention from your primary care doctor or an allergist, Pennington says. "We can help you so that you're able to do the activities you want to do in your life and you don't feel like you're limited."

KEEP IN MIND

If you have asthma, don't stop taking your daily asthma medications when you feel better. In order to work best, they need to be taken even when things improve.

Don't assume that your childhood asthma is gone. Your symptoms may have disappeared, but they also may come back in adulthood.

Do take asthma seriously. The worsening of symptoms can be subtle.

The most common symptoms of asthma, according to the Asthma and Respiratory Foundation of New Zealand, include:

- Coughing
- Wheezing
- Shortness of breath
- Chest tightness

The Asthma and Respiratory Foundation of New Zealand recommend that all asthma sufferers have an asthma action plan to help in emergencies of worsening symptoms. Read more on their website.



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PATH TO WELLNESS

The path toward a healthier you involves your mind, body and soul for optimal success. The following tips can help you achieve a healthier lifestyle that you can use year after year.

The decision to improve the quality of your life is probably the most important, yet difficult, choice you can make. When you focus on your mind, body and soul, you are taking steps toward a healthier you that can last a lifetime. Whether the goal is to eat healthier, lose weight, decrease stress, get better sleep, kick a bad habit like smoking or simply be happier, there is never a better time to start than now.

Step one: mental commitment

Choosing a goal might be easy. However, reaching that goal can be challenging. Make sure you are ready. Ask yourself: What is the goal? Are you in a healthy mental state to achieve that goal? A healthy mind is the solid foundation and the first step toward an optimal lifestyle. Mental wellbeing

assists in developing realistic goals, setting a strong mindset and achieving success in healthier living.

Mental health

Mental health is one of the most reported-on health issues in recent years. Entities like the World Health Organization (WHO) acknowledge the importance of quality mental health care to improve overall wellbeing and help prevent sicknesses, disabilities and early death.

Angie Delamore, a nurse and a certified nurse coach, provides health and wellness advice using nursing fundamentals. She says poor mental health is exhausting and takes away the energy a person needs to better themselves,



The Costco Pharmacy can help. To support your journey to good health, check out the range of services on offer, including smoking cessation, long-term condition services and more.

and asserts that “a positive attitude is a catalyst for better wellness” and “a positive influence of community, friends, counselling [and] coaching can be the glue that motivates you” to succeed.

Some ways to improve mental health might include:

- Be active. Go on walks, tidy the house, dance, ride your bike, garden, etc.
- Meditate. Ease your mind, decrease anxiety and promote cognitive function.
- Turn electronics off. Electronics stimulate your brain, which can sometimes cause agitation, irritability and anger. Calm your brain by putting down the electronic devices.
- Be social. Call, text or meet a friend.
- Shut down. Get seven to nine hours of sleep at night.
- Get counseling. Talk therapy helps address problems, and solutions, build coping skills and change unhealthy thought processes.
- Take a vacation or mental health day. Taking time off is recommended for mental wellbeing and can improve work performance upon return.

Mindset

According to the Merriam-Webster dictionary, mindset is a “mental attitude or inclination” that positions you for a specific purpose, such as setting goals for better health. It is a way of thinking that gives you the readiness to commit and enables you to do things you would not have done otherwise. A strong mindset drives you to follow through and become successful.

Terry Reed, a certified fitness trainer, nutritionist coach and co-owner of Full Fledged Fitness in Wichita, Kansas, says, to develop a mindset, you must “find your why.” Why are you

doing this? Write it down and hang it somewhere you can easily see it. Look at it every day and know you are doing it for that reason. That helps create a mindset.

If you feel you are losing momentum, look at your “whys.” Reed reminds you to think about where you were before, and where you want to be. Remember the reason you are doing this. “Priorities and goals are where it’s at,” he says. “If you know where you want to be, you have to at least put one foot in front of the other.”

Step two: spring into action

The next step is to take action. As a nurse coach, Delamore works with clients to identify their health needs, co-create an action plan and execute that plan. She teaches clients how to “trust themselves, have faith, explore and see what life is supposed to be.”

In addition to mental health care, optimising nutrition and exercise are excellent ways to improve your overall health and quality of life. Understanding basic nutrition and identifying the common types of exercise can be all you need for deciding what foods and fitness regimens are best for you to create your personalised plan.

Working out

To begin exercising, start slow, follow safety measures and, if you need help, ask a professional such as a fitness trainer or physical therapist. Talk with your doctor if you have health concerns before beginning any exercise regimen. Decide how long each day and how many days a week you want to devote to exercising. A great start could be 30 minutes per day, three days per week. Prepare by drinking plenty of water, and dress accordingly.



Types of exercise

Exercise can comprise many different types of physical activity. Even with physical restrictions, there is usually a way to exercise your body. In Health New Zealand's Eating and Activity Guidelines for New Zealand Adults 2020, four types of physical activity are highlighted:

- **Aerobic.** Exercise that includes continuous and rhythmic movement of the major muscles for at least 10 minutes, like swimming, walking or cycling uphill.
- **Anaerobic.** Quick bouts of high-intensity activity like sprinting and weightlifting.
- **Muscle strengthening/resistance.** Activities that involve creating resistance to muscle movement, which improve endurance, muscle mass and more. Includes push-ups, squats, rock-climbing, and weightlifting.
- **Weight bearing.** Can strengthen muscles and bones, and includes walking, running, jumping and more.

Regular physical activity can provide numerous health benefits, including weight loss, mental wellness and function, a stronger immune system and overall strength. The WHO reports that regular exercise can reduce the likelihood of diseases like some cancers, diabetes and more, and in children and adolescents, can improve things like bone health and cognitive development.



Balanced nutrition

According to the WHO, a healthy diet "balances calorie consumption with energy expenditure and should emphasise a balance of protein, fibre-rich carbohydrates and unsaturated fats, with no trans fats and limited intakes of [added] sugars, saturated fats and salt."

This translates to vegetables, fruits and whole grains, along with protein, dairy and nondairy products, as well as "good" fats and vegetable oils.

Leafy dark greens and vegetables with dark reds and yellows, such as lettuce, spinach, cabbage, avocados, cucumbers, zucchini, celery, broccoli, green beans, tomatoes, carrots, bell peppers, cauliflower and squash, are highly nutritious.

Whole fruits that are fresh, canned, frozen or dried are the most nutrient dense forms. Juice made from fruits such as apples, peaches, pears, pineapple, bananas, berries, melons and citrus contain plenty of nutrients but should be mixed with only fresh water, without added sugar. Whole grains and cereals high in fibre include brown rice, oats, barley, wheat and rye.

Quality protein can be found in lean meats, poultry, eggs, legumes, nuts, seeds and soy. Limit your intake of processed and fatty meats like bologna, salami, bacon and red meat.

It is okay to use oils and unsaturated fats in your diet. These fats help maintain high-density lipoprotein (HDL, aka "good cholesterol"), which lowers the risk of heart disease and stroke. Vegetable oils, olive oil, avocados, walnuts, pecans and salmon provide energy, help absorb nutrients and support essential processes. Saturated fat should not exceed 10% of



daily calories, and trans fats – found in processed and deep-fried foods like french fries and doughnuts – should be avoided whenever possible.

If you have conditions such as diabetes or heart disease, consult with your doctor or a nutritionist to create a personalised food plan.

Step three: soulful success

The last step for better health and quality of life is connecting your mindset and actions with your innermost self, or what many people describe as their soul. Giving you a deeper understanding of why you want to achieve these goals, a healthy soul can promote dedication, devotion, determination and an appetite for success.

Spiritual health

Spiritual health is the way in which someone finds self-worth and soulful healing, and it can have a profound positive impact on mental and physical health. A healthy spirit can be derived from religion, nature, meditation, upbringing or spiritual coaching and can give you purpose and understanding of your life and the lives of others. Support your spirit by providing positive environments in your home life, work and relationships.

Spiritual health benefits include:

- Overall happiness and contentment
- Self-empowerment
- Self-awareness
- Self-actualisation
- Sense of deep connection (to others, nature, a higher power)
- Relief from depression, anxiety and stress
- Lower health risks like heart disease and stroke
- Illness prevention

GROCERY TIPS

Things to consider when shopping for food:

- Check the Nutrition Facts label on food items—calories per serving (or per whole container), nutrient content and the percent daily value are excellent resources to help monitor what you eat. Vitamins, minerals and electrolytes are often listed as well.
- “Low-fat” or “no sodium” may mean an unwanted alternate ingredient, such as sugar, starch or artificial sweeteners, was added. Refer to the Nutrition Facts label instead.
- With canned fruits and veggies, be sure the fruit is stored in juice, not syrup. Also, rinsing the veggies will dramatically decrease salt content.
- Frozen fruits and vegetables can be good alternatives for busy families who need food to last longer.

The transformation

These cohesive steps to better health and happiness provide strong roots for better habits, redefined moral principles and a new outlook on life. Positive changes can give new meaning to living a healthy lifestyle. So, find your passion, find your why and step into the new you.



Pharmacy finds

Find these items in the pharmacy on your next visit.

1.



2.



1. Benadryl Chesty Forte 200ml

Item 136071

Always read the label and use as directed. If symptoms persist see your healthcare professional. JNTL Consumer Health (New Zealand) Limited, Auckland.

2. Visine Eye Drops Allergy 15ml

Item 136068

Always read the label and use as directed. If symptoms persist see your healthcare professional. JNTL Consumer Health (New Zealand) Limited, Auckland.

3.



3. Regaine Men's Extra Strength 4 x 60g (PHARMACY MEDICINE)

Item 136068

Hereditary hair loss treatment. Always read the label. Use only as directed. If symptoms persist, talk to your health professional. JNTL Consumer Health (New Zealand) Limited, Auckland.

4.



4. Loraclear Hayfever 10mg 90 Tablets

Item 135584

TAPS PP2986

Loraclear non-drowsy antihistamine for rapid once-a-day allergy relief. Always read the label and use as directed. If symptoms persist see your healthcare professional. AFT Pharmaceuticals Ltd, Auckland.

5.



5. Histaclear Allergy Relief 10mg 90 Tablets

Item 135582

TAPS PP2986

Histaclear once-a-day non-drowsy relief from the symptoms of hayfever. Always read the label and use as directed. If symptoms persist see your healthcare professional. AFT Pharmaceuticals Ltd, Auckland.

Always read the label. Use only as directed. If symptoms persist see your healthcare professional. If you suffer from ulcers or asthma or take any blood thinning medications always consult with your healthcare professional before taking any medicines or complementary medicines/ dietary supplements. If you are suffering cold and flu symptoms, stay at home and call Healthline on 0800 358 5453 for advice. Vitamins and minerals are supplementary to and not a replacement for a balanced diet. Losing weight takes time and effort and use of any weight management products should be in conjunction with a balanced diet and exercise. Individual results will vary. Breast milk is best for most babies. Infant formula is a healthy alternative if needed. The pharmacist reserves the right not to supply when contrary to his / her professional and ethical obligation. Limits may apply. Stock is subject to availability.

TAPS NP21662

6.



7.



6. Bosistos Eucalyptus Spray 3 x 200g

Item 183583

A multipurpose spray with natural eucalyptus oil to clean and freshen your home. It kills COVID-19, flu virus (Influenza H1N1) and 99.9% of germs.

7. Jamieson Chewable Vitamin C + D 300 Count

Item 189080

TAPS NP21386

Supports a healthy immune system, bone health and has a delicious cherry flavoured chewable tablet.

8.



9.



8. Kirkland Signature Co-Q10 150mg, 150 Soft Capsules

Item 10026

TAPS NP21312

Supports healthy cholesterol levels. A powerful antioxidant that supports heart health. Supports natural levels of cellular energy. Factors Group of Nutritional Companies, NSW, Australia.

9. Webber Naturals Turmeric Curcumin 120 Capsules

Item 124115

TAPS NP21315

A powerful antioxidant. Used in traditional Chinese medicine to support healthy joints. Easy to take capsule. See base of page for precautions before using this product. Factors Group of Nutritional Companies, NSW, Australia. Item 124115 TAPS: NP21315

10.



11.



10. Webber Naturals Triple Strength Fish Oil 120 Count

Item 44738

TAPS NP21314

Supports the heart and circulatory system. Supports joint, heart, skin, and eye health. Factors Group of Nutritional Companies, NSW, Australia.

11. Webber Naturals Calcium, Magnesium & Vitamin D 250 Count

Item 27462

TAPS NP21313

Three essential nutrients that work together in the body to support strong bones and teeth. Supports healthy immune function. Factors Group of Nutritional Companies, NSW, Australia.

12.



12. Salt and Co Pure Magnesium Bath Flakes 3.75kg

Item 47383

An all natural mineral blend to add to your next bath. Add 3 scoops, 150g, to a warm bath.

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TAPS NP21662

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