



**JAMES YERGER, MD  
FAMILY PRACTICE  
PHYSICIAN  
ACCEPTING NEW  
PATIENTS**

Dr. James Yerger is now accepting new patients to his Family Practice at the Primary Health Medical Group State Street Clinic. Dr. Yerger has been with Primary Health for several years seeing Urgent Care patients and recently moved to Family Practice. He is looking forward to building relationships with patients for better health.

Why should you have a Family Doctor?

Family doctors are specially trained in preventive medicine. They believe that preventing a health problem is better than having to overcome one. And they can help you make the right health choices to keep you and your family healthy. Dr. Yerger is accepting patients from infancy through adulthood, call today for an appointment (208) 344-7799.



## Healthy Weight Week

With so many people identifying "losing weight" as one of their New Year's Resolutions (type in some iteration of "losing weight new year's resolution" and you'll get more than 9 million results!), it's no wonder that Healthy Weight Week falls in January (January 17-23). With the premise that so many Americans set weight loss/dieting as a goal on January 1st, and blow it by the second week, Health Weight Week is aimed less at dieting, and more at creating a healthy relationship with food. Are you a "normal eater"? According to one source, normal eating means:

- A healthy relationship with food that is natural, trusting and flexible.
- Usually eating at regular times, typically three meals and one or two snacks to satisfy hunger.
- The amount eaten is regulated by inner signals of hunger and satiety. The normal eater is attuned to these signals, eating when hungry and stopping when full and satisfied.

And How does normal eating promote good health?

- The basic purpose or function of eating is to satisfy hunger and nourish the body. Normal eating fulfills this purpose, and thus enhances our feelings of well-being. Afterward we feel good.
- Normal eating promotes one's natural weight, weight stability, and helps prevent both eating and weight problems. It nourishes wellness, health and the growth and development of children.
- Normal eating – at meals – means food choices likely provide balance, variety and moderation, the principles of good nutrition. It means all foods can fit. There are no "bad" or feared foods.

Take a day to learn about your current relationship with food - and be honest! You might learn that the key to weight management and a healthier lifestyle is just around the corner.

## Have You Been Vaccinated For H1N1 Flu?

Most people think that if they make it past New Year's day, they are in the clear from getting the flu. But did you know that the "flu season" typically goes well into the new year? And with the new strain of H1N1 flu this year, experts aren't sure when the season might officially wrap up. And while Idaho flu activity is currently

estimated to be "sporadic" by the CDC, several neighboring states (including Nevada and California) are still experiencing widespread outbreak. There is still time to protect yourself and your loved ones by getting vaccinated against the H1N1 flu.

Primary Health Medical Group Urgent Care Clinics in both Ada and Canyon County have a limited supply of H1N1 Vaccine suitable for individuals age 6 months and up. The cost is \$19 and is available on a walk-in basis (no appointment needed) during normal clinic operating hours. Find the clinic location nearest you on our [website](#).

## 10 Healthy Habits in 2010

Cooking Light Magazine has put together 10 healthy habits to adopt in the new year (by Holley Johnson Grainger, M.S., R.D). These easy to incorporate habits don't include run 20 miles every day (whew!), but they do include the following: 1) Fuel up on Whole Grains, 2) Focus on Healthful Fats, 3) Snack Smarter, 4) Eat Breakfast Daily, and 5) Keep Moving. They give simple ways to go about each of these, plus the other five habits to incorporate (we did say there was 10 total!). You can read them all and get the rest of the details [after the jump!](#)

### Bring Your Lunch: Healthy for You and Your Wallet!

The holidays are over and money is usually tighter - along with your pants! So save some dough and be kind to your waistline by bringing a healthy lunch from home. Make sure your lunch is balanced - include a combination of protein and fiber from whole grains, beans, nuts, veggies or fruit to give you the nutrients you need, while helping you feel full and satisfied. Here are some easy, healthy lunch ideas:

- 1 pita with lettuce and grilled chicken with light Caesar dressing, baby carrots and an apple
- Salmon lettuce wraps with light sesame Asian dressing, 1 can of broth-based soup, and an orange
- Tomato & cucumber salad with olive oil and vinegar, tuna salad on pita, baby carrots and an apple
- 1 can of soup, and grilled chicken on a bed of romaine with sliced apple and light vinaigrette
- Got a sweet tooth after lunch? Have fruit, a few pieces of hard candy, or a few low-fat Graham crackers or vanilla wafers.