FIND YOUR Healthy Way
MONTHLY NEWSLETTER

Keeping you connected to important health updates, upcoming classes and helpful resources

Regal Medical Group
Lakeside Community Healthcare™
ADOC Medical Group

What you need to know about the Omicron variant

From the desk of
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Vaccines and boosters encouraged for ages 18+

Public Health has been tracking the spread of the new Omicron variant as its presence is concerning to both the World Health Organization (WHO) and the Centers for Disease Control (CDC). Researchers are still learning about this new variant, including how it spreads and infects individuals as well as how it responds to vaccines. These vaccines are effective against the Delta variant and earlier strains of the virus, which allows us to remain hopeful that the approved vaccines will also provide some protection against Omicron.

The recent emergence of the Omicron variant further emphasizes the importance of vaccination, boosters, and prevention efforts needed to protect against COVID-19. Pfizer recently announced that according to preliminary research, the two doses of the vaccine may still offer protection against the Omicron strain, and Pfizer suggests that a third dose will help improve protection. Public Health has also expanded booster eligibility in Los Angeles County to 16 and 17 year olds due to infection rates being lower amongst booster recipients.

VACCINE
VACCINE
VACCINE

The best way to slow the emergence of new variants is to take measures to reduce the spread of infection including getting a COVID-19 vaccine. The CDC has also strengthened its recommendation for COVID-19 booster shots, saying all adults should get one, when eligible. Testing is also an important tool in early detection of infection to reduce the spread. Public Health also encourages residents who have traveled for the holidays to get tested if they traveled internationally or to locations in the U.S. with high transmission rates.

California reinforces mask mandate for all indoor gatherings effective Dec. 16, 2021 through Jan. 15, 2022

Due to the potential threat of the Omicron coronavirus as we approach the holiday season, California residents are once again required to wear masks in all indoor public settings across the state. The state will also require unvaccinated people attending mega-events to show proof of a negative coronavirus test result from within a day, if it's an antigen test, and within two days for a P.C.R. test. Travelers returning to California should get tested within a few days of their arrival.

For additional information, please visit the helpful resources below.

- **Information about the Omicron variant**
- **Learn more about masking requirements and recommendations**
- **Find a testing site** or call (833) 422-4255 or 211.
- **Get a copy of your digital vaccine record**

- **To find a vaccination site near you, or to make an appointment.**
- myturn.ca.gov or call (833) 422-4255
- VaccinateLACounty.com (English) or VacunateLosAngeles.com (Spanish)

A healthy pizza recipe your kids will love? Absolutely.

Kids love pizza and there's no better way to introduce them to healthy eating than by creating a healthier version of their all-time favorite meals. Try this Mediterranean Pita Pizza Recipe that is easy to prepare, healthy and delicious. It's a good snack for after school or any activity, or as a light meal.

If you have a picky eater, you can substitute different toppings that your child prefers such as a traditional style pizza using low-sodium pizza sauce, sprinkle of mozzarella cheese and green peppers or drizzle with olive oil and add mozzarella cheese and sliced tomatoes. Try to involve your child in the meal planning process to improve eating behaviors and acceptance to new foods.

Click here for the easy-to-follow recipe.

Stuck in hibernation mode?

As parents it is our job to help our kids build a foundation for an active lifestyle. According to the CDC, children (age 6+) and teenagers need 60 minutes of moderate to vigorous physical activity every day. 60 minutes might sound like a lot but remember that small amounts of activity throughout the day can add up. Small changes add up to big rewards!

Encourage participation in activities ranging from informal, active play to organized sports as they grow older

Explore the outdoors

Local nature trail or park, ride a bicycle bath, walk the dog

Schedule family/active playtime

Having a dance party, a family walk, or indoor scavenger hunt

Choose toys wisely - those that encourage physical activity

Balls, kites, hula hoops, Frisbees, and jump ropes

Limit screen time

- 1-2 hours of screen time a day for children
- Keep the television and electronic media out of your child's bedroom

Plant a garden

- It teaches kids about the food system
- Sampling the harvest encourages healthy eating habits

Chip in with chores

Involve the whole family in household chores such as cleaning, vacuuming or yard work.

Set the example

Model healthy behaviors and an active lifestyle

Regardless of the ways you are physically active with your families, please follow current CDC and medical guidelines and local mandates related to COVID-19 to safeguard the health and well-being of your loved ones and community.

For more ways to encourage physical activity, visit: [Making Physical Activity a Part of a Child's Life | Physical Activity | CDC]

Ask the Doctor

Each month, our members will have a chance to get their question answered by one of our doctors. If you have a question about health and wellness for any age group, please email us at memberhealthed@regalmed.com.

If your question is chosen, you will be notified via email if your question will be published in an upcoming newsletter. Your identity will remain anonymous.

From the desk of

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Q: Is it normal that my child doesn't eat much for breakfast, but will eat a lot more during lunch and dinner?

A: Actually, it is! According to the American Dietetic Association, it is completely normal for toddlers between the ages of 1 and 5 years old, to develop slower appetites. The good news is, as long as your child's energy level is normal and they're growing according to their growth curves, a slower appetite at breakfast time is just fine.

One reason why your little one may not be eating as much is because between the ages of 1 and 5, children will only gain about four to five pounds a year. Because they are not growing as fast, they need less calorie. Kids are capable of regulating their energy intake to meet their needs for appropriate growth. Some parents may try to force their children to eat in fear that their poor appetite might cause poor health or a nutritional deficiency; but this doesn't usually hold true, and forced feedings actually decrease a child's appetite.

How long will the appetite slump last? Once you allow your child to be in charge of how much they eat, the slump should disappear in 2 to 4 weeks. Your child's appetite will improve as they become older and grow.

Talk to your child's pediatrician for further advice as each child may have unique eating habits. For more information on how to track the growth of infants and toddlers please **click** here.

Please note that this information does not constitute medical advice or a doctor-patient relationship and is not a substitute for medical care. Contact your physician or other qualified healthcare providers with questions you may have regarding your symptoms and medical condition for a complete medical diagnosis.

Let's kick start
this New Year
the healthy way

You've heard it said many times – "New Year, new you".

Well, there's no better time than this New Year to do just that, and to try something new. We know the "normal" way of living isn't quite so normal anymore but there are still plenty of opportunities to reinvent your health and your lifestyle in ways that work best for you. And you're not alone. We're here to help you find your motivation and guide you every step of the way.

This New Year, we invite you to get active by joining our free (virtual and in-person) classes and events and by doing so, you might also meet new friends along the way who share the same common interests. A great place

to start is by visiting HealthyWayEvents.com.

And if you haven't done so yet, schedule your yearly physical exam with your primary care doctor to make sure you're doing all that you can to stay healthy and feel your best.

No matter what your healthcare goals are for 2022 and however you plan to get from point A to point B, we are dedicated to helping you succeed in reaching them. As always, we thank you for trusting us with your care and we are dedicated to earning your trust year after year. As we move forward into the New Year, we want to encourage you to get excited about what this year brings. So, dust off your sneakers, organize your music selection, stock up the fridge with healthy foods, grab the kids, and the dog, and let's get moving. Remember that even the smallest steps can lead to big rewards. **So, breathe. You've got this!**

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