



Rx Refills  
Compounding  
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## News from Good Life

At Good Life Pharmacies, we care about our patients and want to provide you with quality information about your health. If you ever have questions or would like more information, please feel free to ask. We look forward to caring for you and your family.

Sincerely,  
Jim Andreesen, R.Ph.  
Angie Svoboda, Pharm.D. FIACP  
Ray Scott, R.Ph.



## Baby Steps - Big Benefits

Small changes can make a big difference. It's true with many types of self-improvement, including weight management. Losing just 5% of body weight (10# for a 200# person) can improve multiple health problems, such as reversing insulin resistance and reducing your risk of developing type 2 diabetes, lowering cholesterol and triglycerides, preventing joint damage, and more.

If you're at risk for Type 2 diabetes, weight loss and moderate exercise (30 minutes for 5 days a week) can prevent or delay it. If you weigh 160 pounds, losing just 8-12 pounds will help. If you already have diabetes, losing weight can help you take less medication, better control your blood sugar, and lower the odds that diabetes will cause other health problems.



An extra 10 pounds of body weight can add 40 pounds of pressure to your knees and other lower body joints. Extra body fat can also cause inflammation and damage tissue around your joints. If you lose weight and keep it off, you're much less likely to get arthritis later in life.

Exercise and losing body fat can get your HDL cholesterol into the ideal range, above 60 mg/dl, which lowers your odds of having heart disease.

If you have trouble losing weight, talk to our professionals today. There is no "best way" for everyone; how you respond depends upon your stress levels, hormone balance, proper nutrition, your other health issues and medications you may be taking. We can work with your doctor to customize a program that will work for you.

[https://www.webmd.com/diet/ss/slideshow-five-percent-weight-loss?ecd=soc\\_fb\\_171207\\_cons\\_ss\\_5percentweightloss&linkId=100000001575991](https://www.webmd.com/diet/ss/slideshow-five-percent-weight-loss?ecd=soc_fb_171207_cons_ss_5percentweightloss&linkId=100000001575991)

***VISIT OUR WEBSITE TO SEE HOW WE CAN HELP YOU!***

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[www.GoodLifeRx.com](http://www.GoodLifeRx.com)

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