

Inside this issue of Get Healthy

Inside this week's Your Times, Get Healthy weighs in on the utility of a scale as a primary health metric.

Strack & Van Til has added a virtual dietitian program to help you tune your nutrition. That and more in Hot Topics.

Tips in Families on the Go can chase cabin fever away.

The scale gives just one, somewhat limited measure of weight and how it plays in overall health. See how to put it to use most effectively in the January Feature.

Consider a two-week vacation from social media as Sound Mind touts the benefits of even a short break from scrolling.



SPECIAL SECTION INSIDE

Get Healthy has even more information and advice with videos at nwitimes.com/gethealthy and on Facebook at www.facebook.com/GetHealthyNWI and www.facebook.com/nwitimes.

In Medical Report, a Powers Health bariatric surgeon explains why dieting and exercise are sometimes not enough in the weight battle.

Long-term gains come in small doses, as health coach Carol Slager shows in discussing micro-habits in On the Table.

Dogs and cats need special care to weather the cold, and Your Best Friend bundles them up.

Good eating, sleep and movement are key to maintaining the energy needed to power The Fit Life.