



# ReliableMD

**Your Partner in Primary Care & Preventive Wellness**



**INSIDE, WE  
WILL BE  
DISCUSING:**

“10 minute  
Movement  
Rule”

“Half-Plate  
Produce”

“Two-Minute  
Check-in”

Happy New Year from all of us at ReliableMD! We're excited to bring you our monthly patient newsletter, filled with practical wellness tips, insights from our doctors, and recommendations from trusted partners to help you feel your best all year long. Healthy routines don't need to be big or complicated—small, consistent habits can make a big difference for your long-term health. Let's make 2026 your healthiest year yet!

[CLICK TO VISIT OUR WEBSITE](#)

## 1. Practice the “10-Minute Movement Rule”

Regular physical activity doesn't have to mean gym memberships or hour-long workouts. Research shows that short, frequent bursts of movement can boost energy, improve blood pressure, and support heart health.



Try this habit:

- Set aside just 10 minutes each day for intentional movement.
- Walk around the block, stretch, do light strength exercises, or climb stairs.
- On busy days, break it up into two 5-minute sessions it still counts!

**Why it works:** Consistency matters more than intensity. Ten minutes a day adds up to over 60 hours of extra activity per year—a huge win for your health.

## 2. Build a Smarter Plate With the “Half-Plate Produce” Habit

Nutrition changes don't have to be complicated. One of the simplest methods for improving your diet is to fill half your plate with fruits and vegetables at one or two meals per day.



Try this habit:

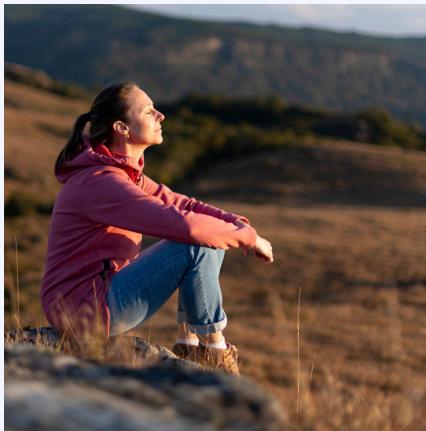
- Pair each lunch or dinner with leafy greens, berries, roasted vegetables, or sliced fruit.
- Mix produce into dishes you already enjoy like, omelets, pasta, soups, wraps, or stir fry.

**Why it works:**

Fruits and vegetables support digestion, stabilize blood sugar, and help with healthy weight maintenance. This habit alone can significantly lower the risk of chronic conditions.

### 3. Support Your Mind and Body With a “Two-Minute Check-In”

Your mental and physical health are deeply connected. A daily moment of reflection can help reduce stress, improve sleep quality, and enhance emotional well-being.



Try this habit:

- Pause for 2 minutes each day to check in with yourself.
- Ask: How am I feeling today? What does my body need?
- Deep breathing, gratitude reflection, or a quiet moment away from screens all count.

**Why it works:** Small mindfulness practices help regulate the nervous system, making you more resilient to everyday stress.

### Healthy recipe

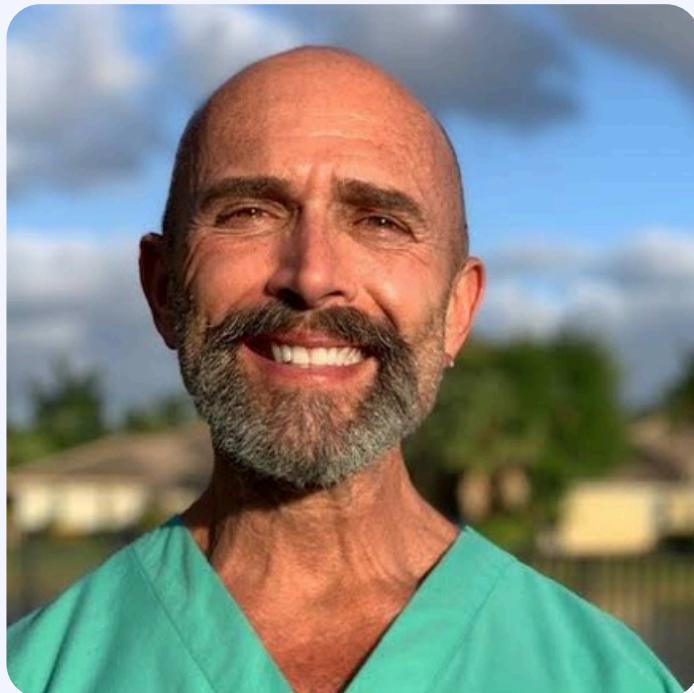
#### Chicken & Sweet Potato Rice Bowl

We want to help you with some ideas to eat healthy, easy to cook and the most important thing, delicious.

[Click here to see the recipe](#)



# Doctor's corner



**“As we begin this new year, our focus remains the same: compassionate care, trusted guidance, and supporting you in living your healthiest life.”**

— Carlos G. Levy D.O.

**ReliableMD partners with many exceptional organizations in our community that we are proud to recommend. This January, we're pleased to feature Speranza Dental Implant Center.**



Speranza Dental Implant Center specializes in advanced dental implant solutions, combining state of the art technology with expert care. Their team is dedicated to restoring smiles with precision, comfort, and long-lasting results.



[Click on the banner to visit their website](#)

# We're Here to Support You



**ReliableMD**

**SCHEDULE A  
VISIT OR  
REACH OUT  
ANYTIME.**

**YOUR  
HEALTHIEST  
YEAR STARTS  
NOW.**

If you're ready to take charge of your health this year, ReliableMD is here to support you whether it's annual exams, sick visits, or chronic care management, we're with you every step of the way.

Warmly,  
The Reliable MD Team

727-203-4613



[Click to see our website](#)