Health Tips

Aspiring toward improve your health? Then you may be interested in these easy tips. Start the day off on the right foot by trying some or all of these ideas!

1. Drink more water. Water is a healthy, calorie-free and sugar-free beverage option.

2. Add 10 minutes of exercise to your day. If you don’t already exercise, aim to do 10 minutes each day. If you do currently exercise, add 10 extra minutes to your routine.

3. Get moving at work. Aim to stand up more often, or take a quick walk or stretch break.

4. Go to bed 10 minutes earlier. By the end of the week, you’ll get an extra 70 minutes of sleep. Keep it up all year, and you’ll have slept 60 hours more. Imagine how well rested you’ll feel!

5. Commit to one healthy stress-relieving activity per day.

6. Transfer money to your savings account when you get paid, rather than waiting to see what you have left after your monthly expenses.

7. Each day, find a way to eat an extra serving of fruit or vegetables. You may have more opportunities than you realize!

8. Dedicate at least 5 minutes of your lunch break to walking. Not only will it help you be more active, but it can also help you relieve stress.

9. Spend more time with family and friends to relieve stress, laugh more and relax—all of which can help you increase your well-being.

10. Make it a habit to appreciate all you have and the important people in your life.

11. Work on your posture by keeping your head up, as if you were balancing a book on your head. Avoid slouching!

12. Skip the salty snacks or sweet treats and go for fruit to round out packed lunches.

13. Brush and floss your teeth. Get in the habit of brushing twice and flossing once per day.

14. Control your portions. Limiting your portions is necessary for healthy eating and weight management.

15. Reorganize your kitchen. Throw out or donate foods that are too tempting. Place healthy foods at eye level and in front of unhealthier foods. Clear your counter of treats and junk food and replace them with a bowl of fresh fruits and vegetables.

16. Always keep moving. Even if you’re already exercising, if you spend long periods of time being inactive, it can be bad for your health.

17. Take time away from your screens (cell phone, computer, TV, tablet, etc.).

18. Visit your doctor for an age-appropriate preventive exam such as a physical, blood pressure check, and more.

19. Mind your manners. “Please” and “thank you” can go a long way when interacting with others. It demonstrates respect and appreciation.

20. Balance work and home life. Leave work at work and home at home and make the most of your time in both places!

21. Trade your dessert for an after-dinner stroll.

22. Avoid work burnout. Take your designated breaks as often as you are able. Limit the number of days you go in early or stay late. Plan to take time off for personal days and vacations. When you’re away from work, avoid checking emails and voicemails, if possible.

**Wake up More Focused-**

One greatest benefit of avoiding screens an hour before bed is that you wake up more focused. If you avoid screens before bed, you’ll be less likely to turn on your devices first thing in the morning.

When you wake up clear and focused, it becomes much easier to spend the first hour of your day on activities to enhance your life and plan for the day.

Time is the most valuable asset at you have so you want to use it wisely.

For More information or to schedule an appointment:

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