

In Good Health

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Give the Gift of Wellness to Someone Important to You – Yourself!

The Gift of Wellness is the gift that keeps on giving! Taking better care of yourself enables you to take better care of everyone in your life, including yourself! A healthier you extends your life and improves the quantity and quality of that extended time. It enables you to do more, longer!

Listed below is a suggested gift list for the one you love-YOU!



EXERCISE!

1. Purchase a pedometer. Keep track of how far you walk each day by starting an exercise log and recording your daily distance. Use the total number of steps or miles as a challenge to beat the next day. Get creative in how you can increase your distance.
2. Find an exercise buddy. We are more apt to follow through on a commitment when a friend or family member is involved. Besides, having company as you get healthier is just more fun! Did you know that talking increases the aerobic aspect of exercising?
3. Can't find someone to exercise with due to schedule or location? Consider getting a 4-legged companion for your walks. Most dogs are creatures of habit and require daily exercise. Make their needs your needs!
4. Consider a gym membership, but only if it is convenient and financially reasonable. Exercise takes effort. Make the process of getting there as easy as possible. If feasible, do a trial month membership and see how it fits your lifestyle. It is only a good investment if you use it!
5. Exercise in comfortable clothing and well fitted shoes. Drink plenty of water prior to and during exercise. Avoid caffeinated sports drinks. Caffeine increases the heart rate unnecessarily, causing it to work harder.

EAT!

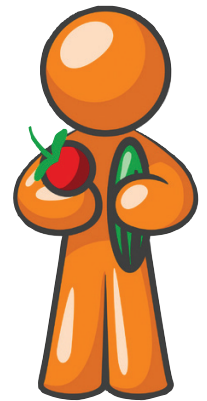
1. Make a commitment to eat healthier! This means eat fresher! Substitute fresh fruits and vegetables for canned ones. Find a farmer's market and go there! Identify one new fruit or vegetable to try each week and challenge yourself to go beyond the bland! Wake up those taste buds by trying foods with new textures and tastes.
2. Cook with less fat, particularly less saturated fats. When possible, bake or broil rather than fry. Look at food labels, compare ingredients and nutrition facts, then buy the item with the least amount of fat and cholesterol, even if it costs more! Your heart will thank you!
3. Reduce your salt intake! Use fresh spices or spices with no added salt. When cooking with spices from a jar, crush the spice between your fingers to release the flavor of the spice. You could also

start an herb garden! Many herbs grow easily on a window sill with minimal effort. There is nothing tastier than home grown produce!

4. Substitute red meats with poultry, fish or soy protein. When cooking with red meats, trim any excess fat and drain after browning. Spend a little more and buy leaner cuts of meat. You can also use beans instead of meat. Beans are high in protein and fiber which can help reduce the absorption of cholesterol.
5. Watch your alcohol intake and limit the number to 1 drink daily if you are a woman and 2 drinks daily if you are a man. Overdrinking can aggravate any possible underlying problem with depression.

RELAX!

1. Get 7 to 8 hours of sleep every night! Too little sleep contributes to poor eating habits and weight gain, increased irritability and depression, as well as the inability to cope and think clearly. Reward yourself with a nap-it's a cheap treat and you wake up refreshed and ready for the next challenge!
2. Take time and do something just for you! Spoil yourself by doing NOTHING. Turn off the phone. Find a pool to lie by or a deck to sun on, read a novel, rent your favorite movie, or listen to some music with your eyes closed.
3. Treat yourself to a small indulgence be it a manicure, pedicure or facial. This includes the gentlemen as well!
4. Take yourself on a field trip! It does not need to cost much. We live in an area with a wealth of free museums, historical sites and outdoor activities. Take advantage of the area and explore a new place!
5. Learn something new! Many local high schools offer a variety of classes from knitting to cooking to learning a new language. Besides, learning something new is good for the brain!
6. Reconnect with an old friend you have been meaning to call. They will be pleasantly surprised that you called and you will feel so good having made the effort!



Give the Gift of Wellness to Yourself! Remember you are the only you there is! You are irreplaceable!

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