

... FOR THE HEALTH AND WELL-BEING OF YOU AND YOUR FAMILY

BE YOUR BEST

## EAT BREAKFAST EVERY MORNING

Research shows that people who have a morning meal tend to consume more vitamins and minerals, and less fat and cholesterol. The result is often a leaner body, lower cholesterol count, and less chance of overeating. Also, the American Heart Association (AHA) reports that breakfast eaters are significantly less likely to become obese and develop diabetes compared with nonbreakfast eaters.

## GET ENOUGH SLEEP

This may sound like common sense, but according to the National Sleep Foundation (NSF), more than two-thirds of older adults suffer from sleep problems and many American adults do not receive the 6 to 8 hours of sleep they need to keep alert during the day.

Sleep is vital to good health and to your mental and emotional well-being. The NSF reports that people who do not get enough slumber are more likely to develop psychiatric problems and more likely to use health care services. Plus, sleep deprivation can negatively affect memory, learning, and logical reasoning.

To avoid the pitfalls of insufficient sleep, make sure to get at least 6 to 8 hours of slumber each night.



## EXERCISE FOR BETTER HEALTH

According to the CDC, more than 60% of Americans do not get regular exercise.

Here is a review of the advantages of exercise:

- ✓ Helps control weight
- ✓ Maintains healthy bones, muscles, and joints
- ✓ Reduces risk of developing high blood pressure and diabetes
- ✓ Promotes psychological well-being
- ✓ Reduces risk of death from heart disease
- ✓ Reduces risk of premature death

## MAKE SOCIAL CONNECTIONS

Whether it be volunteering in your community, going to church, or joining a gym, surround yourself with other people. Activities in groups are good for your physical and mental health. Group activities help keep the mind active and maintain desirable levels of serotonin, the brain chemical associated with mood. Lack of social interaction can actually decrease serotonin levels.

The Center for Disease Control (CDC) notes in its research that social ties have many benefits, including:

- **Instrumental help.** Friends and family can provide physical support in time of need.
- **Emotional support.** Sharing a problem with a trusted person can help alleviate an internal burden.
- **Offering a sense of belonging.** This feeling not only helps reinforce a person's identity, it also assists in preventing and overcoming depression and anxiety.

## SNACK THE SMART WAY

The AHA recommends five or more servings of fruits and vegetables a day as part of a healthy diet. These plant foods can do many things to boost good health, including:

- Reduce the risk of some cancers
- Beat the signs of aging
- Improve memory
- Promote heart health
- Enhance the immune system



## HAVE A PLAN

Planning is an essential aspect of the habits that go into your everyday life.

Adequate fitness, skin protection, healthy teeth, weight loss, and social ties are all results of good planning. Many of these habits take effort that need to be scheduled into busy lives.

For example, to eat healthier requires time to draft a menu, make a grocery list, go to the store, prepare meals, and pack breakfast and lunch. For exercising, try setting dates ahead of time during the week that fit in your schedule. Planning ahead of time can help reduce stress and anxiety and help defeat procrastination tendencies.

## TAKE UP A HOBBY

Since hobbies are considered relaxing activities, they are usually enjoyable.

Some people find joy in craftwork, sports, antiques, sightseeing, playing cards etc. Hobbies may help people live healthier and recover better from illness. Taking part in hobbies can also burn calories, more so than just sitting in front of the television.



### RESOURCES

[www.aha.org](http://www.aha.org)

[www.sleepfoundation.org](http://www.sleepfoundation.org)

[www.cdc.gov](http://www.cdc.gov)

For More Information visit  
[www.WellnessCoachesUSA.com](http://www.WellnessCoachesUSA.com)