

EAT

**10 WELLNESS
TIPS**

THRIVE

That Will Change Your Life

GLOW



SLEEP

Wake Up Call

Both quality and quantity of sleep are important. In terms of quantity, there is no magic number. Ideally, you should go to bed when you feel drowsy, and wake up in the morning naturally without an alarm clock. If you are doing this and feel alert and awake during the day, then you are likely getting a good amount of sleep.

In terms of quality, if you snore or move around a lot during sleep, you might have an underlying medical problem, such as obstructive sleep apnea. In this case, you should discuss it with your doctor.

EAT

Fuel Your Body

It is important to nourish your body with nutrient dense foods. Vitamins, minerals, proteins, carbohydrates, and fats will nourish your body's cells and will help you stay healthy and energized.

You should consume fruits and veggies of all different colors of the rainbow every day. Try to grab a handful of your favorite nuts and seeds (such as pumpkin or sunflower) as a snack, since they are great sources of healthy fats, minerals, and protein. For protein, stick with fish that have good fats (such as wild caught Atlantic salmon and sardines) and lentils. Try to minimize red meat in your diet to once or twice per week. When you do eat red meat, try to stick with grass-fed beef or lamb if available.

EXERCISE

Get Moving

Studies have shown that moderate exercise improves health by decreasing the risk for heart disease, stroke, and cancer. Exercise also helps keep your mind sharp.

Health experts recommend exercising for a total of 2.5 hours per week. It's only a small amount of time, but your body will reap huge rewards!

To keep your body in tip-top shape, try to incorporate a mix of cardio, strength training, and stretching. This will get your heart rate up, keep your muscles and bones in good health, and improve flexibility.

Stay Positive

Don't Worry, Be Happy

Studies have shown that positive thoughts are linked to staying healthy and living longer. Stress and worry can increase the risk of heart disease.

The more you practice staying positive, the better you get at it! In fact, one of the most popular courses taught at Harvard University is called "Positive Psychology," informally known as "How to Get Happy." Try to participate in activities that give you both pleasure and meaning. Simplify. Take a moment each day to reflect on something that you are thankful for and jot it down. Express gratitude when possible. These are all ways in which you can train your brain to become happier.

FLOSS

Show Off Your Smile

It's simple- all you have to do is "floss the teeth that you want to keep!"

Flossing can save your life. Research studies have shown that having poor oral health and certain bacteria in the mouth can be linked to heart disease.

If you don't floss, bone and gum tissue start to wear out in your mouth, making you look older as well! Spend a few minutes each day flossing and keep your youthful smile.

Socialize

Talk the Talk

Humans are social creatures. Research has shown that people who engage in social activity have slower decline in their memory.

So, turn off the television and call up an old friend. Host a brunch at your house, go hiking with your family, or organize a neighborhood bowling night. Have fun!

Exercise Your Brain

Mind Games

Keep your brain sharp by learning new things. For example, you can pick up a new hobby, play chess, do the Sunday morning crossword puzzle, learn a new language, or remember your grocery list without writing it down.

The more you exercise your brain, the better.

Meditate

Mind Over Matter

Research has shown that meditation has been linked to boosting levels of an enzyme known as telomerase, which keeps chromosomes healthy. Telomerase slows down the effects of aging.

As the Zen saying goes, "You should sit in meditation for 20 minutes a day, unless you're too busy. Then you should sit for an hour."

Get a Pet

Man's Best Friend

Japanese researchers found that dogs can boost feel-good hormones in their owners' brains associated with attachment and nurturing. Studies have also shown that pets can help kids become more cooperative and sharing.

So cuddle up with your furry friends!

It's Not Too Late

Carpe Diem

Mahatma Gandhi once said, "It's not too late at all. You just don't yet know what you are capable of."

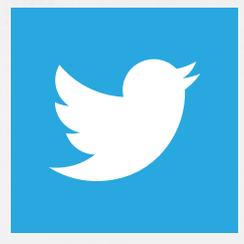
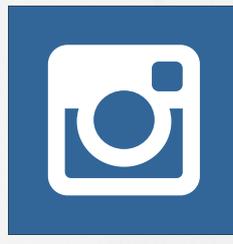
Don't get too bogged down by the past. Each day, each minute, each second, and each millisecond is a new opportunity.

One small change can make a huge difference. It's never too late to get started on your journey to eat, thrive, and glow.

Follow ETG

on Social Media

Clicking on the icons below will take you directly to our social media pages:



www.eatthriveglow.com