

5 SIMPLE THINGS

you can **start** doing **today**
to **live** a **healthier** life

By The HeartBright Foundation: www.heartbright.org

1. Eat Breakfast in the Morning

According to researchers at the American Heart Association, breakfast eaters are significantly less likely to be obese and get diabetes compared with non-breakfast eaters. Eating a healthy meal in the morning makes people tend to not overeat on unhealthy foods throughout the day. Look for a High Fiber cereal to jumpstart your day in a healthy direction.

2. Drink Lots of Water

Water is an essential fluid for good health and it can also help with shedding pounds. The body needs water to keep properly hydrated. Joints need it to stay in motion, and vital organs such as the heart, brain, kidney, and liver need it to work properly. If you don't get enough water, the body goes into emergency mode, and clings to every single water molecule it can find, reports the University of Minnesota Water Resources Center. The stored molecules appear as extra weight. The weight is only released once the body gets enough water.

3. Take a Walk

An eight-year study of 13,000 people also showed that people who walked 30 minutes daily had a significantly reduced chance of premature death compared with those who rarely exercised, reports the American Council on Exercise. Some ideas to start walking more today include: Take the stairs instead of the elevator, Walk to the store, Window shop at the mall, Leave your desk and visit your co-worker instead of sending him an email, Walk and talk with friends instead of meeting for a meal.

4. Relax

Too much stress is bad for your mental and physical health. Relaxation can do wonders to restore balance in your life and may even reduce some of the health risks associated with stress. You can relax many ways. Try sitting in a comfortable chair and closing your eyes while just focusing on taking full deep breaths in and out for 5 minutes. Listening to soothing music can also help you to relax. Research shows that listening to 30 minutes of classical music may produce calming effects equivalent to taking 10 mg of Valium.

5. 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 don't get the minimum amount of shuteye needed to stay alert. To avoid the pitfalls of insufficient sleep, make sure to get at least seven to 10 hours of slumber each night.