

PRINCIPLES OF HEALTHY LIVING

As the saying goes, “Health Is Wealth”. By adopting a healthy lifestyle, you will experience many positive changes in the way you feel and look. It may even help you live longer!

Practice these 8 principles of Healthy Living:

1. Eat nutritious foods- choose unprocessed foods; include a variety of colorful vegetables and fruits, dried beans and peas, nuts and seeds, whole grains, fish and seafood
2. Drink plenty of water- water helps to curb your cravings and appetite, and keep your body functioning properly
3. Be physically active- exercise 30 minutes a day, 5 days a week (include stretching exercises, aerobic exercises and strength training)
4. Aim for 7 to 8 hours of sleep every night- balance work and rest so you can stay energized
5. Manage stress- practice deep breathing exercises, Tai Chi, meditation
6. Learn to “let go” and accept the things you cannot change
7. Quit smoking- quitting can add 10 or more years to your life
8. Drink alcohol in moderation- two drinks a day for men; one drink a day for women
One drink = 12 oz. beer or 5 oz. wine or 1½ oz. hard liquor

