

Good Health

Have Fun!

Having fun is a good method of relaxing and strengthening the healing power of your body and mind. Every person has his or her own method of fun. Many people pursue some hobbies and enjoy them. There can be various ways of having fun like, playing games, watching TV or movies, talking to children, listening to music, travelling, sitting in the garden, romancing near a lake, etc. Choose the fun you like and forget everything for some time.

Water!

Water should be the best cold drink for you. Keep away from sweetened drinks. Many tests have proved that most of the cold drinks contain caffeine and pesticides. You become addicted to them and spoil your health. And alcoholic drinks not only rob you out of your wealth, family peace and health but also drag you to early death. A good formula for water intake is to divide your weight in half-and that is typically how many ounces of water you should be drinking each day.

Exercise

Just 30 minutes per day, even in three increments of ten minutes is helpful. Try mixing ten minutes of walk, ten minutes of cardio, ten minutes of play, and use stairs when available. Recommendations from US Department of Agriculture:

Walking, gardening, briskly pushing a baby stroller, climbing the stairs, playing soccer, or dancing the night away are all good examples of being active. For health benefits, physical activity should be **moderate** or **vigorous** and total at least 30 minutes a day.

Moderate physical activities include:

Walking briskly (about 3 ½ miles per hour)

Hiking

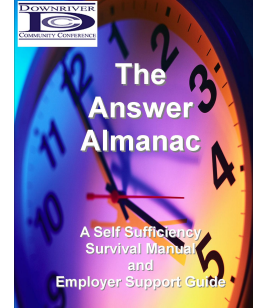
Gardening/yard work

Dancing

Golf (walking and carrying clubs)

Bicycling (less than 10 miles per hour)

Weight training (general light workout)



Good Health Continued:

Vigorous physical activities include:

- Running/jogging (5 miles per hour)
- Bicycling (more than 10 miles per hour)
- Swimming (freestyle laps)
- Aerobics
- Walking very fast (4 ½ miles per hour)
- Heavy yard work, such as chopping wood
- Weight lifting (vigorous effort)
- Basketball (competitive)

Exercise

Some physical activities are not intense enough to help you meet the recommendations. Although you are moving, these activities do not increase your heart rate, so you should not count these towards the 30 or more minutes a day that you should strive for. These include walking at a casual pace, such as while grocery shopping, and doing light household chores.

Follow the Food Pyramids Guidelines:

Grains: At least 3 ounces of whole grains such as whole grain breads, crackers, cereal, rice, and pasta everyday.

Vegetables: Eat more dark leafy greens, orange veggies, such as carrots, squash, and more dry beans and peas.

Fruit: Eat a variety of fruits about 5 servings a day, and aim for 5 different colors to reap nutrient benefits. Go with fresh, frozen or canned. Avoid juices, as they contain mostly sugar. Try organic to reduce exposure from pesticides.

Oils: Make most of your fat sources from fish (Omega 3 fatty oils assist in weight and reduce depression!) Limit solid fats like margarine, lard, butter, and shortening.

Milk: Go for low fat or fat free, or lactose free products. Along with strong bones from calcium, you'll also get Vitamin D which is essential for memory function as well.

Meat & Beans: Low fat or lean meats and poultry, about 3 ounces per day, for protein and iron!

Food pyramid information provided by usda.gov. For more information visit their website for custom menus, and healthy living ideas. www.usda.gov

Outdoors!

Spend a little time outdoors, exposure to sunlight increase Vitamin D intake, reduces stress, strengthens the immune systems and decreases depression!