

Healthy Tips

- **Brush and floss daily** to keep your teeth and gums healthy and free of disease.
- **Get a good night's rest.** Well-rested people not only cope better with stress, but may also have better control of their appetites. Research has shown that a lack of sleep can put our "hunger hormones" out of balance -- and possibly trigger overeating.
- **Enjoy regular family meals.** This allows parents to serve as good role models, can promote more nutritious eating, and sets the stage for lively conversations. Being connected to family and/or friends is a powerful aspect of a healthy life.
- **Smile and laugh out loud several times a day.** It keeps you grounded, and helps you cope with situations that would otherwise make you crazy. Read the comics, watch a sitcom, or tell jokes to bring out those happy feelings.
- **Meditate, pray, or otherwise find solace** for at least 10-20 minutes each day. Contemplation is good for your soul, helps you cope with the demands of daily life, and may even help lower your blood pressure.
- **Get a [pedometer](#) and let it motivate you to walk, walk, walk.** Forget about how many minutes of activity you need; just do everything you can to fit more steps into your day. No matter how you get it, physical activity can help defuse stress, burn calories, and boost self-esteem.
- **Stand up straight.** You'll look 5 pounds lighter if you stand tall and tighten your abdominal muscles. Whenever you walk, think "tall and tight" to get the most out of the movement.
- **Try yoga.** The poses help increase strength and flexibility and improve balance. These are critical areas for older folks especially, and both men and women can benefit.
- **Power up the protein.** This nutrient is an essential part of your eating plan, and can make up anywhere from 10%-35% of your total calories. Protein lasts a long time in your belly; combine it with high-fiber foods and you'll feel full on fewer calories. Enjoy small portions of nuts, low-fat dairy, beans, lean meat, poultry, or fish.
- **Last but not least, have a positive attitude.** Do your best to look at life as if "the glass is half full." You must believe in yourself, have good support systems, and think positively ("I think I can, I think I can...") to succeed.