

Health and Wellness:

Healthy Living

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Living a long life is important, but even more important is being as healthy as possible to enjoy those years. While no one is guaranteed a healthy life, here are eleven healthy living approaches to be well so that you can enjoy your favorite activities. The time to start is now!

1. **Don't smoke:** Smoking causes a vast number of serious illnesses. Recent public service announcements have been doing a wonderful job to steer people in the right direction.
2. **Exercise:** Make efforts to be physically active every day.
3. **Diet:** Eat a healthy diet rich in lean protein, some fruits and lots of vegetables. Reduce or eliminate unhealthy saturated fats and trans fats. Instead, use healthier monounsaturated and polyunsaturated fats.
4. **Calcium and Vitamin D:** Be sure you are getting enough calcium and Vitamin D. Have a nutrient-knowledgeable doctor check your levels and adjust dosages accordingly.
5. **Healthy weight:** Learn what is realistic for you to get to and maintain a healthy weight and body shape.
6. **Mind:** Engage in activities that challenge your mind.
7. **Social:** Build a strong social network.
8. **Prevention:** Preventive care guidelines cannot be overemphasized to protect your sight, hearing, colon and general health. During your annual doctor visit, discuss whether you need any medicine to help you stay healthy (e.g., medicines to control high blood pressure, treat osteoporosis or lower cholesterol).
9. **Dental health:** Floss daily (or close to it), brush at least twice a day and see a dentist at least once a year. The implications of poor oral health can be devastating (i.e., it can lead to poor nutrition, pain, heart disease, stroke and even death).
10. **Antioxidants:** Antioxidants protect human cells against the effects of free radicals. Free radicals are thought to play an unwanted role in heart problems, cancer and others. Alpha Lipoic Acid (the universal antioxidant), vitamins C and E as well as carotenoids are believed to protect cells from damage caused by free radicals. Other naturally occurring antioxidants include flavonoids, tannins, phenols and lignans. Plant-based foods, such as fruits, vegetables and their juices, whole-grain products, nuts, seeds, herbs and spices, and even chocolate, are good sources of antioxidants.
11. **Pain:** Read ways to control pain naturally without devastating short- and long-side effects.
12. **Water:** The benefits of water are amazing, including improved circulation, lubrication of discs, facilitation of digestion, maintenance of body temperature, transportation and absorption of nutrients, and so much more. Water can also assist in weight loss by drinking two glasses of water prior to each meal. To determine how much water to drink daily, multiple your weight by 2/3 (or 67%). For example, a 150 pound person should drink about 100 ounces of water every day. Don't learn the hard way about the importance of water.

Here are a few links for further reading on this topic:

- (1) <http://www.health.harvard.edu/blog/living-to-100-and-beyond-the-right-genes-plus-a-healthy-lifestyle-201201114092>
- (2) <http://www.slenderkitchen.com/how-to-calculate-how-much-water-you-should-drink-a-day/>
- (3) <http://www.webmd.com/diet/features/6-reasons-to-drink-water>
- (4) <http://www.webmd.com/vitamins-and-supplements/lifestyle-guide-11/chronic-pain-relief?page=1>

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