

Table 10.1: The Wellness Compass Healthy Habits^{45 46}

1. ***Spend time daily in deep breathing, prayer, or meditation to restore positivity and inner peace.***
2. ***Do not smoke or abuse any type of drugs or alcohol.***
3. ***Be safe; intentionally aim to reduce your risk of injury or illness,***
 - Always wear your seatbelt and drive safely.
 - Consistently wear sunscreen and quality sunglasses. Limit excessive sun exposure.
 - Reduce exposure to harmful chemicals and products with harmful chemicals
 - Keep your home safe; prevent falls, fires, and mold. Install fire alarms and extinguishers.
 - Have a backup plan for emergencies. Practice or renew it annually.
4. ***Prevent the spread of germs with good hygiene and cleaning.***
 - Personal hygiene starts with regular bowel movements, bathing, and teeth cleaning.
 - To reduce risk of infection, wash your hands well with soap and avoid people who cough.
 - Wash your clothes, towels and bed linens weekly, your home bi-weekly.
5. ***Proactively use preventive and first-aid care.***
 - Know first aid and CPR. Maintain first-aid supplies at home. Call 911 in emergencies.
 - Practice proactive health care with routine checkups appropriate for your age and gender.
 - Use alternative providers, such as chiropractors and the like, proactively, not just reactively.
6. ***Get the quality sleep you need for full recovery and rejuvenation.***
7. ***Drink 6+ cups of water each day,***
8. ***Nourish yourself well by enjoying a variety of wholesome foods 3+ times a day.***
 - Select a diversity of minimally-processed produce, protein-rich foods, healthful grains and oils.
 - Choose organic and local grown when affordable.
9. ***Practice moderation.***
 - Never binge, skip breakfast, or drink alcohol and drive.
 - Keep added trans-fatty acids, sugar and sugar substitutes, salt, and alcohol consumption in check.
 - Listen to body cues: Eat when hungry; stop when full. Limit portions as needed.
 - Balance caloric intake with exercise to maintain a healthy weight.
10. ***Exercise is medicine; commit to physical activity six days a week.***
 - Aim for 150+ minutes of moderate-intensity exercise a week.
 - Do strength training exercises at least twice a week.
 - Stretch daily to enhance flexibility, balance and to minimize pain.

⁴⁵ Expanded from Dr. Peeyush Bhargava, MD, “10 Commandments of Good Health,” American Board of Integrative Holistic Medicine (2013), retrieved on June 3, 2015, from <http://www.abihm.org/10-commandments-of-good-health>.

⁴⁶ Travelers seeking to enhance habit #1 are referred to chapters 2-5.