

focus on good health



FocusOnGoodHealth.com is an EXIT Realty Health and Wellness Initiative

		<p><i>September 1</i> Take a hike! Brisk daily walks this September can bolster both your heart and lungs.</p>	<p><i>2</i> Prevent low blood sugar and alleviate stress by eating regular and small healthy meals each day.</p>	<p><i>3</i> Practice 'neurobics' to activate your brain first thing in the morning by brushing your teeth with the 'other' hand.</p>	<p><i>4</i> Be a copycat and stretch like a cat when you wake up. It boosts circulation and digestion.</p>	<p><i>5</i> Get what you give! If you give and never receive, you may experience fatigue. Include yourself in the giving!</p>
<p><i>6</i> Incorporate the trinity roots (ginger, garlic and onions) into your diet to help prevent colds and flu.</p>	<p><i>7</i> Bone density declines after the age of 30. Get your daily dose of calcium with magnesium for bone health.</p>	<p><i>8</i> Eat antioxidant-rich blueberries, strawberries and raspberries to help protect against heart disease & cancer.</p>	<p><i>9</i> Challenge yourself to write out 5 new affirmations today, and for the next 21 days!</p>	<p><i>10</i> Rev up your metabolism by alternating your speed and intensity during aerobic workouts.</p>	<p><i>11</i> Maintain a positive outlook and bring energy into a room instead of taking it away.</p>	<p><i>12</i> Do you like it spicy? Consuming chilies & peppers trigger powerful endorphins that help you feel good!</p>
<p><i>13</i> Herbal teas soothe frazzled nerves. If you've had a rough day, brew a cup of your favorite flavor!</p>	<p><i>14</i> Wrap with lettuce! Use lettuce in place of bread or tortillas when making sandwiches and wraps.</p>	<p><i>15</i> Live mindfully & focus on simple tasks. By slowing down and concentrating, you'll clear your mind of worry.</p>	<p><i>16</i> Get a ball! If you spend time at your desk, sit on an exercise ball to help improve balance and core strength.</p>	<p><i>17</i> Don't skip meals! You might find yourself in a panic from uncontrolled appetite surges.</p>	<p><i>18</i> Help boost your immune system by consuming fruit and vegetables rich in vitamin C.</p>	<p><i>19</i> Sugar can be addictive. Every time you have a craving, go for a walk, or drink a glass of water instead.</p>
<p><i>20</i> If your joints ache from running on pavement, head for soft trails or a treadmill for less impact.</p>	<p><i>21</i> Rest heals the body. Go to bed early tonight!</p>	<p><i>22</i> Set realistic, short-term goals that will lead you to your long-term objectives. Every small step counts!</p>	<p><i>23</i> Make sure you consume enough calories. Very low calorie eating habits won't help you in the long run.</p>	<p><i>24</i> To improve your fitness levels quickly, harness the joys of cardio interval training.</p>	<p><i>25</i> Eat whole and unprocessed foods whenever possible for optimal hormone function.</p>	<p><i>26</i> Incorporate more 'play' into your life. Make time to play fetch with your dog, or play ball with your kids.</p>
<p><i>27</i> Get outside and get some fresh air! Take a stroll around your neighborhood or walk through a local park.</p>	<p><i>28</i> Disconnect from tech an hour before bed and place your phone at least 5 feet away from where you sleep.</p>	<p><i>29</i> Did you know that you can boost your mood by eating nuts, fresh fruit or uncooked vegetables?</p>	<p><i>30</i> Challenge yourself to avoid foods with high fructose corn syrup today.</p>			