

focus on good health



FocusOnGoodHealth.com is an EXIT Realty Health and Wellness Initiative

				<p><i>October 1</i> Take advantage of the fall weather by heading outside and getting some fresh air.</p>	<p><i>2</i> Smile! Your body is more relaxed when you do, contributing to good health & a strong immune system.</p>	<p><i>3</i> Does your yard need some work? Raking leaves is a great way to get the heart pumping and burn calories.</p>
<p><i>4</i> Think outside the box and try something new this month.</p>	<p><i>5</i> If you watch a lot of TV, consider being active while you watch. During commercials stretch, or do squats.</p>	<p><i>6</i> Challenge yourself to walk 30 minutes a day! Stay motivated with inspirational music or audiobooks.</p>	<p><i>7</i> Walk your kids to school today. Walking is known to improve academic performance!</p>	<p><i>8</i> Wash your hands (and remind the kids to) frequently to avoid the spread of germs.</p>	<p><i>9</i> Use the three C's to stay on track with your fitness goals – commitment, convenience and consistency.</p>	<p><i>10</i> Create a vision board. Make time to look at it daily and remind yourself what you're working towards.</p>
<p><i>11</i> Dress in layers when exercising outside so you can properly adjust to temperature changes.</p>	<p><i>12</i> Eat pumpkin! This low-calorie squash is a source of vitamin A, which is good for eyesight.</p>	<p><i>13</i> What's your why? What motivates you? Make a list and add it to your vision board.</p>	<p><i>14</i> Find a family member or friend with whom you can share your goals and let them help you stay accountable.</p>	<p><i>15</i> Drink a glass of water before each meal today.</p>	<p><i>16</i> Celery is a great low-calorie snack rich in vitamin A, potassium and fiber and is only 16 calories per cup!</p>	<p><i>17</i> Host a family dinner. Eating together can lead to more nutritious meals and improved communication.</p>
<p><i>18</i> Sore throat? Gargle with warm salt water (1 tsp salt per 1 cup of water).</p>	<p><i>19</i> Check your medicine cabinet for anything expired and dispose of it safely at your local pharmacy.</p>	<p><i>20</i> Write down 5 things, or people, that you are grateful for today.</p>	<p><i>21</i> Disinfect your door-knob! Wipe down common areas at home and at work to prevent the spread of germs.</p>	<p><i>22</i> Add cranberries to your meal. They're antioxidant-rich, packed with vitamin C and are only 45 calories a cup.</p>	<p><i>23</i> Balance blood sugar by having meals and snacks every 2-3 hrs. Portion size should reflect frequency!</p>	<p><i>24</i> Give yourself some credit. What you do and say really does make a difference.</p>
<p><i>25</i> At only 35 calories a cup, green beans are your go-to side for any meal. They are packed with protein and iron.</p>	<p><i>26</i> Trust your instincts! Listen to your inner voice for guidance throughout your day.</p>	<p><i>27</i> Fall is the time to rejuvenate body, mind & spirit. Take an art class or learn to meditate to promote wellness.</p>	<p><i>28</i> Sweet tooth? Consume dark chocolate moderately (90-100 kcal/day) to yield health benefits without weight gain!</p>	<p><i>29</i> Are the cooler temperatures getting to you? Start your morning with a bowl of oatmeal and cinnamon.</p>	<p><i>30</i> Create a schedule and checklist for next month. Having a system in place can help reduce stress.</p>	<p><i>31</i> Limit the treats your child can have daily to prevent continuous, mindless eating and blood sugar spikes.</p>