

focus on good health



FocusOnGoodHealth.com is an EXIT Realty Health and Wellness Initiative

		<p>March 1 Spring clean your life! Dust contributes to allergies and asthma, and clutter can affect your health too. Give your home a deep clean.</p>	<p>2 Be more mindful: It's time to get rid of habits that don't serve you, plant seeds of positivity and start creating the life you want.</p>	<p>3 Challenge yourself to making one significant change this month to better your quality of life.</p>	<p>4 Stay bundled up! Even though the weather is beginning to change, be sure to wear a scarf or jacket when spending time outdoors.</p>	<p>5 Is there a local farmers' market nearby? Is it open yet? It's time to stock up on colorful spring superfruits and vegetables!</p>
<p>6 The holiday season has come and gone. Consider choosing leaner meals, a smaller serving size and cutting down on starches and processed meat.</p>	<p>7 What time is the best time to exercise? It all depends on you. Schedule time in your calendar like you would an appointment for regular physical fitness.</p>	<p>8 Eliminate over-processed bread. If you can't pronounce the ingredients, skip it. Better yet, consider making your own bread with natural ingredients!</p>	<p>9 Eating at restaurants can drain your wallet and add pounds to your waist. By prepping your own meals you can easily save and sidestep the extra calories.</p>	<p>10 Mix it up! Our bodies get bored and plateau with the same exercise day after day. Incorporate a blend of cardio, strength training, and yoga for variety.</p>	<p>11 Are you getting enough rest days? Exercise breaks down tissue, so rest days are important; the off time is when your body actually rebuilds and repairs.</p>	<p>12 Skip soda...plain and simple! It's not only a diet-buster but it can also contribute to obesity as well as numerous other ailments and diseases.</p>
<p>13 Get active after eating to get blood flowing and to ease digestion. A leisurely walk around the block or easy bike ride after dinner should do it.</p>	<p>14 In need of an emotional health boost? Any kind of regular exercise has been shown to help!</p>	<p>15 Keep the body refreshed! Challenge yourself to drinking an extra cup of water each day for the next 21 days.</p>	<p>16 Wake-up earlier and play outside! Support your internal rhythms and experiment by starting your day with some sun.</p>	<p>17 Feeling restless? It's normal this time of year. Consider invigorated your fitness routine and adding in new challenges this month.</p>	<p>18 Look for a new healthy recipe, and then actually make it! For ideas, visit focusongoodhealth.com or check out Pinterest!</p>	<p>19 Now is the time to sign up for an organized summer walk/run. Challenge your colleagues to join you and get fit as a team. How far will you go?</p>
<p>20 When was the last time you challenged your brain with something other than work? Read a new book, do Sudoku, or try your hand at a logic puzzle.</p>	<p>21 Fresh air and nature always does a body good! Visit a national, state/provincial, or local park and go for a trail walk, run, or hike.</p>	<p>22 If weight loss is your goal, set realistic expectations and give yourself ample time to create permanent change.</p>	<p>23 Don't allow a scale to dictate your emotions! To positively focus on weight loss, use a scale as an intermittent tool rather than a regular crutch.</p>	<p>24 Overtraining can lead to fatigue and can have a negative impact on your body. Remember, when it comes to training, it's about quality, not quantity.</p>	<p>25 A healthy lifestyle should be fun! Train with friends when possible and get creative with your food. Use music to motivate you!</p>	<p>26 Give back. Exercise your heart by putting you aside today and do something nice for another.</p>
<p>27 Have you been affirming? Reset your routine, or add in new affirmations that you may have not considered before.</p>	<p>28 For motivation, check out health, wellness and fitness apps available for your smart phone to remind you to stay focused on good health!</p>	<p>29 "If you're not committed, you can't complain." Eliminate negativity by reminding yourself that you really can have what you want if you work for it.</p>	<p>30 Looking for inspiration? Join us today at 12pm ET for EXIT's first Focus On Good Health webinar!</p>	<p>31 What has been the most significant health, wellness or fitness achievement for you this year to-date and why? We'd love to hear from you!</p>		