

# focus on good health



FocusOnGoodHealth.com is an EXIT Realty Health and Wellness Initiative

					<i>April 1</i> Laugh at yourself today! Humor is good for your health and your smile is sure to brighten up someone's day!	<i>2</i> Kick start your day by swapping your morning coffee with a green smoothie or juice.
<i>3</i> Take care of your gut with probiotics and fiber. Proper digestion and flow are essential to overall health and wellness.	<i>4</i> Improve calorie burn by consuming a glass of water prior to each meal. Studies show it can increase your metabolism!	<i>5</i> If you're a meat-eater, cook it just right. Overcooked or burnt meat can harm the body and raise the risk of cancer.	<i>6</i> Avoid bright lights before bedtime! Bright lights disrupt the production of melatonin which is a hormone needed for sleep.	<i>7</i> Celebrate World Health Day today by increasing your diabetes awareness and adopting a new healthy eating habit.	<i>8</i> Are you consuming enough protein? Protein boosts metabolism and is shown to lower blood sugar & pressure levels.	<i>9</i> Social interaction is important for both mental wellbeing and physical health. Make time to take care of relationships.
<i>10</i> Try cold pasta! The drop in temperature changes the noodle into "resistant starch" and your body works harder to digest it.	<i>11</i> Studies show that we tend to eat less if we eat slower. Challenge yourself to take smaller bites and sip H2O in between.	<i>12</i> Use transitions to be more mindful – allow yourself a few moments between tasks to stop and notice your breath.	<i>13</i> Improve your ability to focus by single-tasking. It can increase productivity and lead to a more enjoyable work experience.	<i>14</i> When was the last time you people-watched? Make time today to sit in a public place and watch the world go by.	<i>15</i> Are you a goal setter? Make sure they are S.M.A.R.T! (Specific, measurable, attainable, realistic and timely).	<i>16</i> Make gratitude part of your routine: turn your Instagram account into a gratitude diary or write each day to reflect.
<i>17</i> Do you practice self-compassion? When you get lost in business of life, be forgiving. We're usually our toughest critics!	<i>18</i> How about eating only whole foods this week? Challenge yourself - it's easier than you think.	<i>19</i> DYK we often forget to breathe when multi-tasking? Make a point of being mindful of your breath today.	<i>20</i> No matter what your health, wellness, fitness or nutrition goals, there is no time like the present to begin!	<i>21</i> Your stomach is a volume counter, not a calorie counter. Eat high volume foods like fruit and veggies to feel satiated.	<i>22</i> Celebrate Earth Day today by spending time outdoors in the fresh air and sunlight.	<i>23</i> Make time to learn more about your finances. Being financially unaware can cause unnecessary stress.
<i>24</i> In need of some new inspiration? Hunt for good mentors, read a critically acclaimed book or, watch a TED Talk.	<i>25</i> Has meditation become part of your daily routine? Like anything, the more you practice, the easier it gets.	<i>26</i> Add a brisk walk or jog to your pre-work morning routine. Your body will thank you!	<i>27</i> Take 10 minutes today to do absolutely nothing but be in the present moment.	<i>28</i> Eat with purpose: make a point of evaluating what you eat and whether or not it is fuel for your body.	<i>29</i> Practice awareness: engage your senses by paying attention to the little things like a warm embrace or the scent of a flower.	<i>30</i> Form matters: no matter what type of fitness you choose, be sure to learn and maintain good form to maximize your workouts and help avoid injury.