

focus on good health



FocusOnGoodHealth.com is an EXIT Realty Health and Wellness Initiative

<p>May 1 To wear a smaller size, lift weights! Even though fat and muscle weigh about the same, muscle takes up less space.</p>	<p>2 When snacking, avoid eating a small amount of carbs and instead choose protein and fat to feel full faster and stay full longer.</p>	<p>3 Skip energy drinks when tired: they come with unpleasant side effects like nervousness, irritability, and rapid heartbeat.</p>	<p>4 DYK that drinking more water can help relieve bloating caused by dehydration?</p>	<p>5 Cool down by sipping a hot drink The change in temperature increases sweat production which will cool you naturally.</p>	<p>6 Fatigue improves after a single 30-minute work out. After a long workday, exercising will actually energize you.</p>	<p>7 Boost your brain power by hand writing ideas. Typing enables you to jot down more, but hand-written notes resonate.</p>
<p>8 Have a late-night sugar craving that just won't quit? Have a sliced apple with a tbsp of nut butter instead.</p>	<p>9 After a grueling workout, relieve post-fitness leg aches by submerging your lower body in a cold bath (50-55 F).</p>	<p>10 It takes 3,500 calories to gain 1lb of body fat. Don't beat yourself up for having a cheat day!</p>	<p>11 Ready to increase your running game? Try upping the number of miles run by 5 to 10 percent each week.</p>	<p>12 Running shoes deteriorate pretty quickly so if you haven't already, be sure to swap out last season's for a new pair.</p>	<p>13 Planning on picking up the pace? Eat food that will help keep you going strong. Opt for a high-carb meal in the AM.</p>	<p>14 If you feel frustrated, stop what you're doing and change your environment. Even 5 minutes can help you reset.</p>
<p>15 Replace "I should" with "I choose." It's more powerful language and it reinforces that you are in control of making choices.</p>	<p>16 DYK eating lunch while at your PC could lead to mindless grazing? Carve out 20 minutes a day to enjoy your lunch outside.</p>	<p>17 Large group meeting planned? Start it with physical activity like squats or jumping jacks to get creativity flowing.</p>	<p>18 Hold a healthy potluck lunch at your office and share recipe ideas to encourage good health and wellness.</p>	<p>19 For inspiration, consider putting up a 'wellness wall' at your office so that everyone can share tips, routines & quotes.</p>	<p>20 Empower yourself to be active through walking. Walking can decrease tension, improve mood, & boost self-confidence.</p>	<p>21 Pay it forward. Make a point of giving to someone else today to create positivity and inspiration.</p>
<p>22 Give and accept rejuvenation in relationships. As things evolve, appreciate and embrace each step.</p>	<p>23 Increase circulation and stimulate the release of toxins in the body by making time to stretch today.</p>	<p>24 Say thank you to someone who deserves it today.</p>	<p>25 Wake up 10 minutes earlier tomorrow and do something just for yourself.</p>	<p>26 Make a list of your 3 most favorite people and reach out to them to let them know how special they are to you.</p>	<p>27 Rule number one for sticking to a healthy snacking plan? Don't get bored! Get creative to keep it interesting.</p>	<p>28 Put tech away for a few hours today and spend some time outside. Make time for friends and for laughter.</p>
<p>29 When was the last time you made time for play? Play a game of catch, chess or cards with friends or family today.</p>	<p>30 Use holidays as an excuse to get healthy – instead of junk food, opt for colorful or themed foods to stay on track.</p>	<p>31 Talk it out! If you've got a lot on your mind, reach out to your most trusted confidant and express your feelings, frustrations and needs.</p>				