

focus on good health



FocusOnGoodHealth.com is an EXIT Realty Health and Wellness Initiative



			<p><i>June 1</i> Turn your speakers up! Playing and listening to music improves the brain's ability to handle communication.</p>	<p><i>2</i> Take a walk outside. A medical study shows that 30 minutes of walking in a green scene reduces depression in 71% of participants.</p>	<p><i>3</i> "Collect" positive emotional moments today: Recall times when you have experienced pleasure, comfort and confidence.</p>	<p><i>4</i> Cook from scratch! It allows you to have complete control of what goes into your food.</p>
<p><i>5</i> Negative thoughts can be relentless and loud. Learn to interrupt them by making a point to change your focus.</p>	<p><i>6</i> Life often gets too serious, so when you hear or see something that makes you smile or laugh share it with someone you know.</p>	<p><i>7</i> Be mindful today of proportions to balance your diet. Are you consuming enough protein and fat?</p>	<p><i>8</i> DYK what you're eating? Take time to read food labels and look up ingredients. If possible, stick to whole, natural, unprocessed foods.</p>	<p><i>9</i> Take a deep belly breath to open up your blood vessels. The dose of oxygen will make you feel happier and more alert.</p>	<p><i>10</i> Don't forget to reach out to your friends when you need them. Having a network of people you can count on contributes to a better quality of life.</p>	<p><i>11</i> Be a smart patient by being responsible. Keep a written medical history, and educate yourself about family health problems to which you may be predisposed.</p>
<p><i>12</i> If you can work up a sweat for just 1 hour a week, you'll enjoy a range of benefits: reduced risk of heart attack, better mood, and lower blood pressure.</p>	<p><i>13</i> Lift loud! Verbally expressing emotion while lifting weights increases muscle strength by up to 25 percent.</p>	<p><i>14</i> DYK that red cabbage has 15 times as much wrinkle-fighting beta-carotene as green cabbage?</p>	<p><i>15</i> If you can hear yourself running, you may have bad form. Keep your feet close to the ground and use a quick, shuffling stride.</p>	<p><i>16</i> Consider using aromatherapy to increase your productivity. Try rosemary for mental clarity/ alertness, or mint/ basil to reduce mental fatigue.</p>	<p><i>17</i> DYK that every time you exercise, you create new brain cells? If you can't make it to the gym, include a 15 minute walk as part of your daily routine.</p>	<p><i>18</i> DYK that red bell peppers have up to nine times as much vitamin C as green peppers?</p>
<p><i>19</i> Meditation is known to reduce stress, improve brain power & memory. Mindful meditation can help prevent diseases like dementia, Alzheimer's and Parkinson's.</p>	<p><i>20</i> At 2% of your body's weight, your brain is energy-hungry, gobbling up more than 20% of your daily intake. Eat throughout the day to optimize brain power!</p>	<p><i>21</i> Dehydration can lead to memory loss and confusion. Be sure to consume 8 glasses of water a day.</p>	<p><i>22</i> Childhood fitness reduces disease risks in adulthood. If you have young ones around, encourage them to be active this summer.</p>	<p><i>23</i> Slather up! Sunscreen can not only protect you from skin cancer, but it can slow down the ageing process.</p>	<p><i>24</i> Get creative with yogurt! Not only is it tasty but it's easy to use in food prep. Use it to marinate meat, or as the base for dips, soups, and sauces.</p>	<p><i>25</i> Relieve tension and get your blood pumping with DIY acupressure. Find the base of each cheekbone and press lightly for 30 seconds.</p>
<p><i>26</i> Gas emissions evaporate as you fill your tank, creating smog. The sun facilitates this, so fill up post sunset to keep emissions from turning into pollutants.</p>	<p><i>27</i> Give your coworker a mega-watt grin, even if you'd rather throttle him or her ;)</p>	<p><i>28</i> Take off your shoes at your front door. This keeps all kinds of grossness out of your home!</p>	<p><i>29</i> Soak your face in ice water for 1-2 minutes. Exposure to ice water allows you to reset levels of the appetite hormone leptin.</p>	<p><i>30</i> Add apple cider vinegar to your water. It lowers blood sugar levels and soothes digestive issues.</p>		