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10 Essential Health Tips

(The Basics to Practice Every Day)

1. Move More

Make it a daily challenge to find ways to move your body. Climb stairs if given a choice between that and escalators or elevators. Walk your dog; chase your kids; toss balls with friends, mow the lawn. Anything that moves your limbs is not only a fitness tool, it's a stress buster. Think 'move' in small increments of time. It doesn't have to be an hour in the gym or a 45-minute aerobic dance class or tai chi or kickboxing. But that's great when you're up to it. Meanwhile, move more. Thought for the day: Cha, Cha, Cha.... Then do it!

2. Cut Fat

Avoid the obvious such as fried foods, burgers and other fatty meats (i.e. pork, bacon, ham, salami, ribs and sausage). Dairy products such as cheese, cottage cheese, milk and cream should be eaten in low fat versions. Nuts and sandwich meats, mayonnaise, margarine, butter and sauces should be eaten in limited amounts. Most are available in lower fat versions such as substitute butter, fat free cheeses and mayonnaise. Thought for the day: Lean, mean, fat-burning machine.... Then be one!

3. Quit Smoking

The jury is definitely in on this verdict. Ever since 1960 when the Surgeon General announced that smoking was harmful to your health, Americans have been reducing their use of tobacco products that kill. Just recently, we've seen a surge in smoking in adolescents and teens. Could it be the Hollywood influence? It seems the stars in every movie of late smoke cigarettes. Beware. Warn your children of the false romance or 'tough guy' stance of Hollywood smokers. Thought for the day: Give up just one cigarette.... the next one.

6. Avoid Excessive Drinking

While recent studies show a glass of wine or one drink a day (two for men) can help protect against heart disease, more than that can cause other health problems such as liver and kidney disease and cancer. Thought for the day: A jug of wine should last a long time.

Within each of us lies the power!

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7. Avoid junk foods and processed foods. Emphasize foods that, even if you prefer to cook them, would at least be edible in their natural state.

8. Avoid foods with preservatives. Your body may need extra vitamins and minerals to detoxify these foreign substances.

9. Don't eat foods with a lot of sugar. It provides empty calories, displaces more nutritious foods and makes it easier for yeast and bacteria to thrive.

10. Buy organic foods if you can afford it.

11. Meditate each day.

12. Watch your posture. Your muscles tend to contract or expand into whatever posture you hold all day long. Muscles that are contracted and unbalanced are a major cause of pain.

13. Practice yoga. If you work at a computer all day, get a book on how to sneak in simple stretches at your desk.

14. Plan your meals and snacks in advance. You will eat healthier.

15. Try steaming and slow cooking foods for easy, vitamin and mineral pres.

-By Manali Haridas-