



## Top 10 Health and Wellness Habits

by

### The Healthy Path Foundation

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1. **Drink More Water:** Drinking water is a simple and inexpensive remedy that will increase energy, fight fatigue and assist your body in operating at your prime efficiency. Water flushes out toxins, boosts your immune system and naturally relieves headaches. It is recommended to drink half your body weight in ounces every day. Healthy habit: Get a BPA free reusable water bottle to promote drinking water throughout the day and at each meal.



2. **Eat Your Veggies:** Vegetables are an important part of healthy eating and providing a source of many nutrients, including potassium, fiber, folate and vitamins A, E, and C. Some vegetables are considered super foods like spinach, kale, broccoli, beets , garlic and cauliflower. These vegetables are loaded with nutrients! Especially the vegetables with purple, blue, red, orange, and yellow tones! Healthy hint: Eat the rainbow!!

Proteins Help build a strong and healthy body.



3. **Protein Power:** Adding more protein to your diet is essential. Protein helps our bodies function properly. Many of our specialized bodily functions occur because of proteins that interact in chemical reactions in our blood and give us essential amino acids. It doesn't have to be dinner time to add protein into your diet. Protein is found in foods such as meat, poultry and fish, but it is also available in eggs, beans, legumes, soy, nuts, nut butters, dairy and even grain products such as quinoa. Make sure to diversify your protein and buy organic when possible!



4. **Keep Your Body Moving:** Adding more movement into your everyday life is quite simple and fun. You can have fun with movement. Turn up the music and dance. Have a dance party or grab a jump rope. You can even get some of your friends together and make an obstacle course. Even try walking nightly with your family. The possibilities are endless!



5. **Avoid Soda along with other Sugary Drinks:** Sugar-sweetened beverages such as soda, sports drinks, and fruit drinks add calories to your diet without providing any needed nutrients. They also contain dangerous additives such as aspartame, food coloring and high fructose corn syrup. Those additives, along with the sugar in these drinks, can cause a multitude of health problems such as migraines, diabetes, hyperactivity and hormone disruptors. Try these alternatives: Fresh squeezed fruit juice (make sure its 100% REAL juice mixed with sparkling water or seltzer), green tea, hot or iced coconut water, which has tons of benefits and helps electrolyte levels.



6. **Stick to Whole Grains, avoid white flour:** The Fiber in Whole Grains keeps your heart healthy and your digestive system moving! Eat whole grains if you want lots of energy that lasts a long time! Having a whole grain wrap for lunch instead of white bread is a great way to incorporate whole grains into your diet.



7. **Healthy Fats and Fermented Foods:** If you want to feel good and be happy, eat healthy fats every day! You can find them in nuts, seeds, fish, olive oil, avocados, and other plant based oils. If you sprinkle sunflower seeds on your daily salad, dressed with an Olive Oil dressing, you will receive a healthy fat each day. Fermented foods are a great way to boost your immune system, improve your gut health and detoxify your system. Some examples of fermented foods are sauerkraut, kefir, pickled vegetables, and Kampuchea.



8. **Snack on Fruit: Why is it important to eat fruit?** Fruit are vital for health and maintenance of your body. Fruit has been recognized as a good source of vitamins and minerals, and for their role in preventing vitamin C and vitamin A deficiencies. People who eat fruit as part of an overall healthy diet generally have a reduced risk of chronic diseases. When selecting a snack for yourself or your children avoid the processed stuff and reach for a piece of fruit!



9. **Practice Proper Posture:** To have good posture stand up with your shoulders back, head looking straight ahead, tummy tucked in, and knees slightly bent. Good posture is important because it allows us to move freely, reduces the risk of injury, and prevents extra wear and tear on your joints. To maintain good posture when sitting, make sure your lower back is against the chair, and keep your head up. Try to avoid leaning forward, or keeping your head down for long periods of time, and take frequent breaks to stand up and walk around.



10. **Surround Yourself with Positive People and Incorporate Experiences that Bring You Joy! Remove Bad Stress:** One of the most important things you can do to have and maintain a healthy life is to surround yourself with positive people. Search out new ways to create experiences and memories. This includes bonding as a family by eating meals together without the distraction of electronics or the TV, and creating time to do things and go places together (it doesn't have to be expensive). Incorporate daily and weekly things that make you smile, whether it is taking a walk, going to beach, watching a movie or having dinner with friends. To limit stress try deep breathing, keeping a daily journal or a meditation class. A healthy and happy life is one that is balanced and brings you joy!