

HEALTH REPORT

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MAKE WELLNESS A TOP PRIORITY

With all of the media attention focusing on wellness these days and the bombardment of information coming across the Internet, a concise listing of the most important topics to consider might help a person to wade through the avalanche of data. The following is such a concise report provided by HealthandWellness.com. Here are "Eight Keys to Health and Wellness for 2008:"

- **Get Plenty of Sleep!** Sleeping well improves alertness, vitality, decision-making and overall health and fitness. It appears as number one on the list because it is right up there in terms of importance with good diet and ample exercise. All three of these are equally important for good health.
- **Be Health Proactive!** This simply means keeping good tabs on overall health as well as getting regular checkups and screenings to detect problems.
- **Exercise!** Make strength, balance and flexibility a key part of a fitness program. If extra motivation is needed, join a group or fitness club to help ensure regular activity.
- **Use Complementary and Alternative Medicine.** Make use of the services of healthcare providers who specialize in wellness and overall health of the individual. The services of chiropractors and acupuncturists are definitely included in this area.
- **Improve Self-Motivation.** This is key to the field of wellness. It's important to know there is a vital relationship between how a person thinks in terms of improving their overall well-being and the results that show up in a healthier body. Improve healthy thinking and a healthy body may follow.
- **Be Food Smart!** Know more about food and what goes into the body. This starts with doing a better job of getting educated about food contents. Learn to read grocery labels and shop for more nutritious foods.
- **Learn How to Keep the Pounds Off.** This is especially true when dining out. Remember that eating restaurant food and gaining weight do not have to be synonymous. Know what the healthy choices are, even in fast food establishments.
- **Walk for Wellness!** Going out and taking a walk may be the easiest path to follow for improved health and fitness, yet it is often overlooked as a good means of getting exercise and staying fit. Do this on a machine at a club or by just taking a walk around the block. Doing the program with a friend or taking a pet for a walk is often a very successful way to get this done.

It all sounds pretty simple, doesn't it? Eat healthy. Order wisely when dining out. Get some exercise, with walking as a big component of any program. Get a healthy amount of sleep. Learn more about the services of alternative medicine and wellness providers to help improve overall health. And, most important is taking charge of a healthy plan and then staying motivated to do so. These actions will lead to an advanced level of health, fitness and wellness for the rest of 2008 and well beyond.

Source: HealthandWellness.com, "Eight Keys to Health and Wellness for 2008," January 2008.
<http://www.prweb.com/releases/2008/1/prweb597011.htm>