

Beyond Food and Exercise, 8 Other Ways to Improve Your Health

November 3, 2022



Concepts Taught

- Learn the definition of health,
- Discuss 8 tips that can help you live a healthy life besides food and exercise,
- Make a plan to do one thing you learned in this session, this week

Definition of Health

- "The condition of being sound in mind, body, and spirit (Merriam Webster Dictionary)"
 - Social-emotional health
 - Physical health
 - Mental health
 - Environmental health
 - Financial health
 - Spiritual health
 - Intellectual health
 - Occupational health

Bonus Tips for Health

- **Stay hydrated**
 - Carry a water bottle and refill it when empty
 - Add fruits, veggies, herbs, or spices to flavor water
 - Drink water at every meal
 - Use a tracking cup
 - Use a filter and a straw
 - Eat/drink water-rich foods
- **Avoid Injury**
 - Wear seatbelts
 - Wear a helmet/pads when biking
 - Use smoke and carbon monoxide detectors in your home
 - Be smart if walking alone
 - Store items within reach
 - Review medications
 - Use assistive devices

Key Take Aways

- **Get enough sleep**
 - Create a relaxing sleep environment and stop tech 1-2 hours before bedtime
 - Set a sleep schedule and limit naps
 - Get outside daily to help set your internal body clock
 - Cut the caffeine, other stimulants, and alcohol
- **Limit/avoid alcohol**
 - Ask your doctor to help you determine a limit
 - Replace alcoholic drinks with mock-tail recipes
 - Watch out for peer pressure
 - Keep busy. Find other healthier ways to cope with stress
- **Make time for things you enjoy**
 - Try out different activities to find out what you enjoy
 - Schedule time for hobbies
 - Be mindful of downtime and make sure "screens" don't become a hobby
- **Boost your brain**
 - Go back to school and/or take classes to learn new skills
 - Play brain games (Sudoku, crosswords, word search, chess, puzzles, etc.)
 - Study a new language or learn a musical instrument
- **Stay up to date on vaccines and annual exams**
 - Check blood pressure regularly
 - Schedule annual exams and screenings for dental, vision, check-ups, mammograms, etc.
- **Brush and floss daily**
 - Go to the dentist 2X per year and brush and floss twice daily
- **Practice social-emotional health**
 - Meditate and/or practice relaxation techniques
 - Go out for coffee with a friend
 - Practice gratitude and/or get involved with a local community group
 - Find a sense of purpose: learn new skills, volunteer, or explore spirituality
- **Take care of your skin**
 - Protect yourself from the sun with sunscreen
 - Don't smoke
 - Moisturize and hydrate
 - Eat a healthy diet full of vitamins and minerals