

Top Ten Tips to Help **YOU** Live Long and Live Well

You won't go wrong if you...

- ▶ **EAT RIGHT** — a balanced diet gives you the fuel to live each day to its potential, and to get the best mileage out of your body over the distance. Feel great again.
- ▶ **TRIM DOWN** — maintaining a healthy weight lowers your risk of heart disease, stroke and diabetes, plus it improves your self-image and ability to do things you enjoy for a lot longer.
- ▶ **CLEAN UP** — the body is a complex organism that thrives on fresh air and clean water...lots of it. Avoid contaminating it with rubbish, cigarettes and excessive alcohol.
- ▶ **MOVE MORE** — build exercise into each day to keep the power plant strong, muscles firm and body flexible. Nothing will keep you moving longer than moving more now.
- ▶ **STRESS LESS** — ignore this and it could kill you. Talk about stuff rather than bottling it up. Clear your head through meditation or music. Laugh out loud. Get a hobby. Rest up.
- ▶ **SLEEP LONGER** - getting a good night sleep is not just an ideal — it's a necessity. Our body and mind repairs itself then so you're ready to take on the world again. Don't fight it!
- ▶ **WORK SHORTER** — some work to live, others live to work; aim to work and live. Enjoy it but make sure you get enough time for the more important things in life.
- ▶ **LOOK OUT** - find a cause greater than yourself, or just look for a way to make someone's day. An outward focus gives you perspective and makes life so much more meaningful.
- ▶ **BOOK IN** — a routine medical check-up, perhaps on your birthday, might just ensure you have many more of them. It's a no brainer. Your body needs a service as often as your car.
- ▶ **LIVE NOW** — make a choice every day to make the most of whatever the day offers. To improve your tomorrows work on developing the above habits today — even just one or two!