



MACTAVISH BENEFITS, INC.

“ WE FIX HEALTHPLANS ”

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Get Healthy Without Really Trying

Living healthier doesn't have to be complicated or time-consuming. If you let yourself make small changes, they will add up to meaningful changes in the quality of your diet, your physical activity pattern, your capacity to deal with stress, and in your sleep quality -- and those four things comprise an enormously powerful health promotion that can change your life. As long as the changes are moving you toward your goal -- be it

weight loss, a reduction in cholesterol or blood pressure, or better blood sugar control -- you can get there by taking baby steps. Making small changes can help give us the motivation to make bigger ones.

To Improve Nutrition:

1. Reject foods and drinks made with corn syrup, a calorie-dense, nutritionally empty sweetener that many believe is worse for the body than sugar.
2. Start each dinner with a mixed green salad. Not only will it help reduce your appetite for more caloric foods, but it also will automatically add veggies to your meal.

To Improve Physical Fitness:

1. Do a squat every time you pick something up. Instead of bending over in the usual way, which stresses the lower back, bend your knees and squat. This forces you to use your leg muscles and will build strength.
2. Whenever you're standing in a line, lift one foot a half-inch off the ground. The extra stress on your opposite foot, ankle, calf and thigh, plus your buttocks, will help firm and tone muscles. Switch feet every few minutes.

To Improve Stress Control:

1. Give your partner or child a hug every day before work. Studies show this simple act can help you remain calm when chaos ensues during your day.
2. Have a good cry. It can boost your immune system, reduce levels of stress hormones, eliminate depression, and help you think more clearly.

To Improve Sleep:

1. Buy a new pillow. Studies show that pillows with an indent in the center can enhance sleep quality and reduce neck pain. Also, try a "cool" pillow -- one containing either all-natural fibers or a combination of sodium sulfate and ceramic fibers that help keep your head cool.
2. Eat a handful of walnuts before bed. You'll be giving yourself a boost of fiber and essential fatty acids along with the amino acid tryptophan -- a natural sleep-inducer.



This material is provided for your general information only and is not intended as medical or other professional advice. For more information and answers to health concerns, consult your physician or other health care professional.

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