

Living Well Tip of the Week

The United States spends a greater percent of gross domestic product on health care than any other major industrialized nation (CDC)

10 Tips To Improve Your Health:

1. **Move More:** Make it a daily challenge to find ways to move your body.
2. **Eat Less Fat:** Reduce the amount of fat in your diet; every bit counts.
3. **Quit Smoking**
4. **Reduce Your Stress:** Find time to relax, laugh and use positive thoughts.
5. **Protect Yourself from Pollution:** Avoid smoke-filled rooms, highway congestion and exercise indoors during high smog days.

6. **Wear Your Seatbelt!**
7. **Floss Your Teeth:** Recent studies directly connect flossing with longevity.
8. **Avoid Excessive Drinking:** While studies show one glass/day can help; too much can cause disease of the liver and kidneys.
9. **Keep a Positive Mental Outlook**
10. **Know Your Genes:** Though genetics are powerful links to disease, most conditions improve by being healthy.



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