

HEALTHY TIPS

For You

Be Mindful

Practicing mindfulness

- May help alleviate anxiety & depression
- Improves mental clarity & focus
- May improve heart health
- May significantly improve sleep

Learn simple ways to be mindful.



Exercise

Any form of exercise, from aerobics to yoga, can act as a stress reliever. Start simple by building your fitness level gradually and celebrate your successes each and every day.



Get Enough Sleep

Sleep is a powerful stress reducer. Following a regular sleep routine calms and restores the body, improves concentration, regulates mood, and sharpens judgement and decision-making.



Nutrition that Fuels

Small changes to our diet can make a profound impact on our energy, weight management, and overall health. Adding nutrient dense foods, such as fruits and vegetables, lean proteins, healthy fats, whole-grain carbohydrates, and plenty of water are a daily recipe to strive for.



- Make every season healthy -