

January 2016

## Do What's Good For You! Useful Tips for Healthy Living

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- 1.) Rise and Shine - Take 10 minutes to stretch, bend and meditate. This will improve your focus, alertness and awaken those muscles.
- 2.) Eat a nutritious breakfast and try to avoid sugary foods. Choose whole fruits and protein products.
- 3.) Oral Health- Take 2-3 minutes to brush and floss your teeth. Flossing regularly will remove harmful bacteria that harbor in the gums and spreads into the bloodstream, potentially causing heart disease and inflammation. Brushing and flossing should be repeated at bedtime too!
- 4.) Drink Water- Filtered tap water is great to quench your thirst. Adequate water intake (7-8 glasses) will help the body to function more efficiently. Our bodies can confuse hunger for thirst.
- 5.) Good Nutrition- Will fuel your body and increase your energy! Avoid sugar and sugary foods. White sugar and fructose corn syrup have very little nutritional value and increase your risk of obesity. Pack whole fruits, nuts and protein snacks so you're prepared when those cravings strike. Multi-vitamins and mineral supplements are also helpful to aid our bodies' needs. Make sure your vitamin supplements include at least 1000 IU of Vitamin D in the D3 form, which is most easily absorbed.
- 6.) Exercise consistently- Strenuous workouts are NOT required. Strive for 10,000 steps per day and a brisk 30 minute walk daily which can be done in two 15 minute sessions.
- 7.) Sleep- Getting less than 7 hours per night triggers higher levels of cortisol which can cause depression and weight gain. Create an environment that is quiet and uninterrupted by TV, computers, bright lights and cell phones.
- 8.) Annual Check Up- Remember to make it a priority to have yearly check-ups with your Physician and Dentist and also to discuss these tips for healthy living to make sure they are appropriate for you!

Best Wishes for a Healthy Lifestyle!!

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