



# Great Resolutions

**Eat well.** That means increasing the amount of vegetables, fruits, beans, whole grains and nuts you eat every day, and decreasing the amount of meats, fats, and dairy products. This is “*eating to live*” at its best! Fast-tracking to optimal health! Eating this way means more phytochemicals, antioxidants, fibre, and all-around good nutrition for your body. Your body will thank you!

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**Get some exercise!** At least 30 minutes each day is the key. But, that’s only for better health. If you want *great* results such as weight loss and *optimal* health, make that 60 minutes daily. And, it’s easy, too... 30 minutes in the morning, 30 in the evening. Just find a few activities you really like doing and... get to it! Your body’s really going to love you this year!

**Water, drink some water!** Upwards of eight 8-oz cups per day is a good idea. Your body requires water for all of its functions—from breathing, to digestion, to elimination. You’ll be amazed that water can alleviate many of those aches and pains you’re feeling, and some of those headaches too! It also helps to decrease the risk of kidney stones and urinary tract infections. Feeling hungry between meals? Have a glass of water; it will take away those hunger pangs without adding any calories! Nice!

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**The kiss of the sun for vitamin D.** Sunshine is so important to our well-being. Not only does it activate our production of vitamin D, but it also keeps us feeling on top of the world. Ever notice how your mood brightens when the sun comes shining through? It’s almost like magic! Winter, spring, summer, or fall—find yourself in the great outdoors and soak up some life-giving sunshine.

Have you heard the saying, “**everything in moderation**”? Having a good balance in all aspects of life is so important. So, when you are considering the seven other principles on this page, think strategically about the choices you make, and be moderate in each of them. At the same time, create balance amongst the physical, mental, social, and spiritual components of your life, and you’ll be the quintessentially well-rounded person we all aspire to be.

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**Air is vital** to our body’s trillions of cells. Things that affect our breathing include: how we sit, whether we take shallow or deep breaths, the clothes we wear, the ventilation in our rooms, whether or not we exercise regularly, and—believe it or not—how much fat is in our diet. Make sure you’re getting enough quality air every minute of the day.

**Resting, relaxing, and sleeping** are three things that many of us don’t do well. But, with all the stress in our lives, we need to take time out to get our bodies refreshed and revitalized. Try to get 7 to 8 hours of sleep every night. And, during the day, be sure to take a few breaks to stretch, laugh, and just do nothing.

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**Do something spiritual.** This could include finding a faith-group to fellowship with, or volunteering your time with an organization that helps others. Whatever it is, realize that your life has meaning beyond just satisfying yourself. Our lives are made richer when we acknowledge that, indeed, there is a spiritual component in each of us that needs to be fulfilled.