

Take Charge. . .

TIPS for keeping WELL!

#1 H₂O

Drink plenty of water! It cleanses the body, improves circulation, and fuels the muscles. Water also helps to relieve tension, replenish body tissue, and keep the skin moist and clear. Drink water often when you're active enough to work up a sweat. Remember that everybody needs at least 6 – 8 glasses a day.

#2 SLEEP

Get enough sleep! You can only be your best with a good night's sleep. Set up a routine that includes avoiding heavy meals, caffeine, and exercise or other stimulation before turning in. Try warm bath or relaxation techniques to help you wind down and ease into a restful sleep.

#3 ACTIVITY

Regular physical activity has many rewards: relieves stress, weight control, stronger bones, and healthier muscles – including a healthier heart. A variety of activities can help you reach your goal of 30 minutes or so of activity on most days. Before starting or increasing your physical activity program, consult with a professional at SportWell.

#4 ATTITUDE

Think positively!! Your mind affects your good health, so keep your spirits high and try to be optimistic. Learn to see the humor in life and make an effort to laugh often. Doing kind deeds for others, enjoying your favorite hobbies, and spending time with those that make us feel good about ourselves.

#6 STRESS

Stress is NORMAL! The important thing is to keep your stress in check. We lead hectic lives with our "to do lists" and sticky notes. Find a way to balance your lists equally each day so you don't feel overwhelmed. Learn which stress reliever's work for you, like exercise, hobbies, deep breathing, walking, talking with a friend, or trying a relaxation technique. When you don't take care of yourself that is when you are susceptible to getting sick. Remember to be flexible, patient, and willing to change. If you want help managing your stress better or want to learn about time management skills, visit our Stress Management Coordinator at McKinley, Wellness Promotion.

#5 NUTRITION

Eating right can reduce the risk of many diseases. Food high in fiber and low in fats (especially saturated fats), cholesterol, sodium, and added sugars can help you maintain a healthy diet. Experts recommend diets based on grains, vegetables, and fruits. If you have questions about the foods you are eating or want to make changes to your diet, consult our dietician at McKinley, Wellness Promotion.



. . . Of Your Health!

Source for some of this information is taken from Positive Promotions, The Good Health Planner.

Visit the McKinley Health Center web site at:
<http://www.mckinley.uiuc.edu>

