

Health & Wellness Newsletter July 2021



**SMALL
CHANGES
CAN MAKE
A BIG
DIFFERENCE.**

Do you think you have to spend hours at the gym or switch to a strict diet to improve your health? While you may believe that big changes are the only way to achieve results, small lifestyle changes can actually make a big difference to your overall health and well-being.

Try these five small changes to make a big impact on your life.

1. Shake up your routine a little at a time

Once a week, try a new food or recipe

It's a great way to expand your culinary skills, and you just may discover a new favorite. Tastes change over the years, and the squash you hated as a child may taste delicious as a creamy soup.

Take a walk after dinner, instead of watching TV

One hour of rapid walking after a meal cuts the rise in blood fats by 12 percent. Plus, it gives you valuable "family time," away from the distractions of home.

Try a new workout

If you usually run, explore a spinning class. If you're a Pilates devotee, try a yoga class. "You'll work different muscles, avoid exercise burnout, and most likely enjoy the new experience," says Dr. Dajani.

Go someplace you've never been before

If you can visit a foreign country that's always intrigued you, great. But even venturing into a new store or checking out an unusual art gallery can energize a routine day.

Write a letter instead of e-mailing

Handwritten letters have become so unusual in our fast-paced world, and they give both you and your readers a reason to slow down and enjoy heartfelt communication.

2. Keep it simple

Read a little at a time

Instead of vowing to "read more," resolve to read one chapter (or a certain number of pages) of a book each day, or even each week.

Learn one new word a day

Treat yourself to a "Word-a-Day" calendar and expand your vocabulary without even really trying.

Exercise in small batches

No time for 30 minutes of exercise? Three 10-minute blocks of activity can add up to the same heart-healthy benefits as a full half-hour.

3. Make small changes in your diet

Go light on eggs

Whip up an omelet with one whole egg and two egg whites, and save 10 grams of fat and 100 calories over a three-egg meal.

Make your baked goods lighter

Replace oil or butter in baking recipes with the equivalent amount of unsweetened applesauce or other pureed fruit. Your baked goods will be lighter, healthier and every bit as tasty.

Work in vegetables

Next time you make soup, pasta or scrambled eggs, toss a few handfuls of fresh chopped vegetables into the mix.

Make one vegetarian meal a week

Browse through the vegetarian cookbooks in your bookstore, or search online for appetizing suggestions.

4. Practice kindness

Surprise someone with a little gift for no reason.

A silly card or a single flower can make someone's day, and you'll feel better for having done it.

Socialize with older relatives and neighbors

Older adults who make a point of spending time with others may feel less stress and have a greater sense of well-being.

5. Be good to yourself

Give yourself the gift of silence.

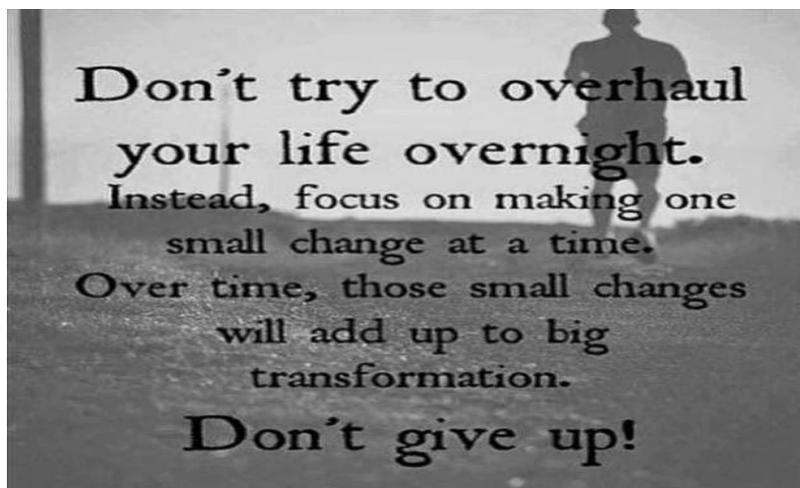
Schedule 10 minutes a day all to yourself, with no TV, cell phone, e-mail or other distractions. A little silence goes a long way toward reducing stress.

Keep a journal

Take a few minutes to reflect on your successes or write down your worries.

Breathe

Put a sticky note with the word "breathe" on it someplace where you will see it often — on your computer, for example. Whenever you see it, focus on taking 10 deep, full breaths. Focused breathing slows your heart rate, reduces stress and helps you feel calmer and more relaxed.



Sources: https://www.scripps.org/news_items/3006-5-small-changes-can-lead-to-big-results-with-your-health