

*Wellness University
&
Time Management*

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Rules of the Road

- 1. Seven hours of sleep every night if you are female
Eight hours of sleep every night if you are male.**
- 2. Reducing your blood pressure from 130/85 to 115/76 can make you as much as 10 years younger**
- 3. When you become more physically active, your overall health outcomes are instantaneous.**
- 4. Avoid second hand smoke. One hour of exposure to second hand smoke causes the same amount of aging as actually smoking 2-4 cigarettes.**
- 5. Stop smoking. Period. That's it. This is the year! You just have to!!!**
- 6. Learn something new. Love what you do. When you learn and love you create new neuro pathways in the brain. In case of stroke or brain injury this learning and enjoying what you do lessens the effect of the brain trauma.**
- 7. Walk 30 minutes every day. Every hour of exercise gives you two (2) extra hours of life.**
- 8. Live within your means. Stop overspending. The only over spending we are allowed is time with the people you love.**
- 9. Have a few stress reducing techniques at the ready. Try Yoga, knit, scrunch the face/release, breathe.**
- 10. Drink Water. Eight 8oz glasses or water each day and one glass more for each 1/2 hour of exercise.**

So there you have it -food for thought! We stayed away from specific dietary recommendations in this list. Suffice to say, *it is often not what we are eating that is our problem, but what is eating us.* Remember your fruits, veggies and whole grains.

And, try to love yourself a bit more!!

****Based on info from Dr Mehmet Oz (Professor of Surgery, Columbia Medical Center) and Dr Michael Roizen (Professor of Medicine, Cleveland Clinic)***

We all need to read this one over and over until it becomes part of who we are!

HOW TO STAY YOUNG

1. Try everything twice. On one woman's tombstone she said she wanted this epitaph: "Tried everything twice...loved it both times!"
2. Keep only cheerful friends. The grouches pull you down.
(Keep this in mind if you are one of those grouches!)
3. Keep learning: Learn more about the computer, crafts, gardening, whatever. Never let the brain get idle. 'An idle mind is the devil's workshop.' And the devil's name is Dementia/ Alzheimer's!
4. Enjoy the simple things.
5. Laugh often, long and loud. Laugh until you gasp for breath. And if you have a friend who makes you laugh, spend lots and lots of time with HIM/HER.
6. The tears happen. Endure, grieve, and move on. The only person who is with us our entire life, is ourselves.

7. Surround yourself with what you love: Whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. Don't take guilt trips. Take a trip to the mall, even to the next county, to a foreign country, but NOT to where the guilt is.
10. Tell the people you love that you love them, at every opportunity.
11. Forgive Now. Forgive those who made you cry, hurt you, said untruths about you. Forgiveness is a gift you give yourself. Thankfully, it only takes one person to forgive. . . So it is never too late!
12. Share your love, your "youness", often, with someone. Lost time can never be found...

	Urgent	Not Urgent
Important	I	II
Not Important	III	IV