

The HealthCare Solutions Top 16 Smart-Health Tips.

1. Read a book or two - helps with relaxation and sleep
2. Play cards and do crosswords - keeps the brain active.
3. Sleep long and get up late - late risers have faster brains and lower stress levels.
4. Go out into the fresh air as often as you can. Vitamin D, which is important for bones, teeth and happiness is boosted by sunlight (but keep the sunscreen on).
5. Walk and keep physically active - it's good for the heart and lungs
6. Sing - the breathing control needed from singing is good for combating stress
7. Drink at least 6 to 8 cups of liquid a day - preferably water and fruit juices - to give the body a chance to deal with all the toxins we consume on a daily basis.
8. Eat five portions of fruit and vegetables a day - this will make you enjoy better health and vitality which in turn can make life more enjoyable.
9. Keep your home safe and free from hazards (floor surfaces, trailing flexes), wear properly fitting slippers and increase the level of lighting everywhere - this will help you avoid slips, trips and broken hips.
10. Regular exercise is most important. Exercise benefits every part of your life, from attitude to your cardiovascular system.
11. Next is diet. Use common sense. Avoid fad diets. Eat plenty of fresh fruits and vegetables. Moderation is a key -- not just in eating, but in all facets of a healthy life.
12. Practice stress relief. Whether it is exercise, deep breathing, a hobby, church, synagogue or mosque, find something that helps you deal with the pressures of life and work. Pets are great, as long as you're willing to commit to the care they need.
13. Drink in moderation -- if it all.
14. Get a regular medical check-up at least once a year, and make sure your immunizations are up-to-date.
15. Think "safety" in everything you do. Always follow the safety guidelines that come with products. Use proper tools and safety equipment. Think about what you're doing.
16. Do something for other people. A little volunteer work is a great way to keep a healthy self-image and improve your community at the same time.

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