



London Chiropractic Health Centre
102-219 Oxford Street West
London, ON N6H 1S5
Phone - 519-661-0285 Fax - 519-661-0959
Email - lchc@wellchiro.com
Website - www.wellchiro.com

Total Wellness [®] BECOMING A TOTAL PERSON [®]

Volume XIV, Number 10

October 2006

Improve Your Life with Good Habits

To live a long, healthy life, it's important to practice good habits on a daily basis. **Here are several ways to improve your life with good habits:**

- ◆ Reinforce good habits through good choices. Find new places to go, select healthier foods, and spend time with friends who practice good habits.
- ◆ Reward yourself. Offer yourself incentives for making positive changes in your life. Give yourself a new book, a CD, a day at the spa, or a special treat like frozen yogurt.
- ◆ Change your habits for yourself, not others. Changing a bad habit requires self-motivation. Take ownership of the change in your life.
- ◆ Seek support from others. Get the help of friends, family, a support group, or a professional such as a doctor or counselor.
- ◆ Establish a new routine. Rearrange your schedule to include time for exercise. Set aside time for a healthy lunch instead of grabbing something from a fast-food restaurant.
- ◆ Be patient. Give yourself time to change bad habits into good ones. Avoid thinking that change can happen overnight.

Choosing Healthy Habits for Life

People are faced with hundreds of choices every day. They must decide what to eat for meals, when to exercise, who their friends are, and how they spend their time. For some people, making healthy choices is easy, but for many others, it becomes easy to slip into less-than-healthy habits. The good news is that it's never too late to put the brakes on bad habits and accelerate good habits in your life.

Here are several ways to add more good habits to your life:

- *Hydrate your body with water.* Opt for a glass or bottle of water to quench your thirst. *Tip:* Drink a glass of water when you first get out of bed to jumpstart your day.
- *Eat a healthy breakfast each morning.* Eating breakfast allows you to start your day with a healthy dose of vitamins and minerals so you boost alertness, attention, and performance during your day.
- *Get plenty of sleep.* Make your bedroom comfortable and relaxing so you can sleep well. Go to bed and wake up at the same time each day if possible. Strive for six to eight hours of sleep

each 24-hour period.

- *Improve your social life.* Try volunteering, joining a club, or spending quality time with friends and family.

- *Get active.* Take a daily walk. Join a fitness club and work out on all or most days of the week. Wear a pedometer and

strive to make 10,000 steps each day.

- *Practice good hygiene.*

Wash your hands frequently, take

regular baths or showers, wash your hair, and brush and floss your teeth.

- *Stretch your mind.* Set aside time each day for reading, taking part in a hobby, putting a puzzle together, or doing other activities that cause you to think.

- *Choose healthy snacks.* Grab a piece of fruit or cut-up vegetables when you're craving a snack.

- *Adapt recipes.* Replace unhealthy ingredients in recipes with healthier choices. Choose lean meats and whole grains. Instead of salt, opt to season with spices.

- *Stop smoking.* Set a time to quit smoking. Seek help from your doctor to quit.

- *Get checked out.* Visit your doctor for checkups according to the recommendations for your age and gender.

