



Top Ten Tips 4 Tip Top Health

1. Eat well – if you are busy you will need good quality calories to keep you going
2. Avoid empty calories – there's no getting away from it, you must eat your five a day to keep all your systems functioning well
3. Don't be tempted by junk food – you don't want junk in your house or in your car... you certainly don't want it in your body!
4. Your body wants you to move – make more effort to walk somewhere or take the stairs, do one of those weird workouts at your PC, just move any way your body allows
5. Stop! Are you propping yourself up with an addiction? It could be smoking, drinking, sugar? Seek help and advice, you can quit but you have to want to
6. Switch off – find a way to relax and commit to it daily
7. Breathe better – take time to breathe more deeply and slowly
8. Listen to your body – don't ignore niggling problems or keep them at bay with over the counter remedies – inform yourself and act
9. Make time for family and friends – socialising helps us switch off and changes our perspective on things
10. Give yourself lots of praise – don't beat yourself up all the time about things you should have done – lots of positives in your life will make it better!

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