



Horizon Public Health Locations:

ALEXANDRIA OFFICE

320-763-6018

ELBOW LAKE OFFICE

218-685-8295

GLENWOOD OFFICE

320-634-7822

MORRIS OFFICE

320-208-6670

WHEATON OFFICE

320-422-7806

THE INSTALLMENT

MAY 2015

Steps for Healthy Living This Summer

- **Give Yourself a Berry Boost!**
Berries help you load up on antioxidants, which may help prevent damage to tissues and reduce the risks of age-related illnesses. Blueberries and blackberries are especially antioxidant-rich. Berries are also rich in fiber, which helps keep cholesterol low and may even help prevent some cancers.
- **Plant a Garden – and Reduce Your Stress**
Just putting your hands in soil is ‘grounding’. When life feels like you’re moving so fast your feet are barely touching, being mentally grounded can help relieve physical and mental stress.
- **Floss Daily**
Floss every single day. Flossing reduces oral bacteria, which improves overall body health, and if oral bacteria is low, your body has more resources to fight bacteria elsewhere. Floss daily and you are doing better than at least 85% of people.
- **Get Outside to Exercise**
Pick an outdoor activity to shed that cooped-up gym workout. Try a nature walk, playing games with your kids, cycling, or roller blading. Remember, a family that plays together not only gets fit together, it’s also a great way to create bonding time.
- **Be Good to Your Eyes**
To protect your vision, wear protective eyewear. When outdoors, wear sunglasses that block at least 99% of ultraviolet A and B rays. Sunglasses can help prevent cataracts, as well as wrinkles around the eyes. When mowing the lawn, wear protective eyewear.
- **Vacation Time!**
Improve your heart health, take advantage of summer’s slower schedule by using your vacation time to unwind. Vacations can help lower your blood pressure, heart rate and stress hormones such as cortisol, which contributes to a widening waist and an increase risk of heart disease.
- **Sleep Well**
Resist the urge to stay up late during long summer days. Pay attention to good sleep hygiene by keeping the same bedtime and wake-up schedule.

Try one or try them all. They're so easy you won't even know they're good for you!

Source: webmd.com