

## Living Well!

Lifestyle habits influence our vitality and impact our overall health. We all know that vegetables are good for us and that we should be getting a good night's sleep. Did you know that volunteering and community engagement leads to better health? Improving your vitality does not have to be difficult as small improvements make a big difference. Here are some of the top health habits that are recommended for improved vitality and overall health.



Health Habit	
<b>Sleep</b>	Aim for 7-8 hours of sleep per night. Sleep is a time for restoration and repair and sleep deprivation has been associated with type 2 diabetes, heart disease, mental health issues, and depressed immunity.
<b>Exercise</b>	Aim for 30 minutes per day. Physical inactivity is a key risk factor for cardiovascular disease, cancer and diabetes Exercise can help normalize blood pressure, improve muscle mass and bone density, and help lower cholesterol. All of which impact healthy aging.
<b>Diet</b>	Try to make the most nutritious choices as often as possible. Swap non-foods such as soda, candy, and white bread for nutrient dense whole foods like dark leafy greens, whole grains and brightly coloured fruits and vegetables.
<b>Healthy relationships</b>	Studies show that people with social connections and close friendships are more likely to have better cognitive health. Make an effort to stay connected to friends and family.
<b>Stress</b>	Studies have demonstrated that high amounts of stress and the perception that stress impacts health are associated with poor physical and mental health, along with an increased risk of premature death. Individuals who cope well with stress are better able to reduce their risk.
<b>Banish bad habits</b>	Bad habits speed up the aging process. Stress, sugar and inflammation are three culprits that should be minimized. Cut back on alcohol consumption and pay attention to what you put into your body.
<b>Positive attitude</b>	Research has shown that a positive attitude can help improve immunity and boost overall health. A positive attitude goes a long way in promoting vitality.