

# Healthy Habits to Adopt in 2016



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## Get Moving

We all know the benefits of regular exercise, but our routines outside of the gym can have just as much of a benefit. So take the stairs instead of the elevator, or walk an extra block to the next bus stop during your commute. Just a few extra minutes of movement each day can have a lasting effect on your health.



## Pay Attention to Your Posture

Especially for those of us who have spent a majority of our lives sitting behind our desks, it's imperative that we focus on having proper posture if we want to avoid chronic pain. Be mindful when you're sitting or standing that you're not slouched, your shoulders are back and your back is straight.



## Floss Everyday

The benefits of flossing go far beyond cleaning the spots between our teeth that a toothbrush can't reach. Research has shown that proper dental health can lower the risk of developing heart disease, respiratory illnesses and other systematic diseases.



## "Unplug"

We live in a world where we are in constant communication with each other and the happenings of the entire world are sent directly to our phones without us having to push a button. Challenge yourself to unplug at the end of each day. Turn off your phones, the television and computer and worry only about what is directly around you – yourself and your family.



## Focus on Your Relationships

Your personal relationships, those with your friends and family, are just as important to your overall well-being as diet and exercise. Studies have shown that individuals with strong personal relationships are more likely to have longer lives than those who are more socially disconnected. So take the time to call a friend or family member you haven't talked to in awhile, invite them to coffee, or just chat, and you both will reap the benefits.



## Take Cold Showers

While taking a cold shower every day may not seem like the most enjoyable habit to adopt, you may be surprised to learn how advantageous it can be. Studies have shown that taking a cold shower can reduce stress, increase alertness, improve circulation and immunity, stimulate weight loss, improve your skin and hair, speed up muscle recovery and much more.



## Drink More Water

The human body is made up of around 60 percent fluid – fluid that plays a vital role in the body's daily functions such as digestion, circulation and the regulation of body temperature, in addition to many other processes. We should all be consistently drinking throughout the day, even before we feel thirsty. Make it a habit to keep a container of water with you to ensure you stay properly hydrated.



## Stretch Often

Stretching isn't reserved just for athletes or only before physical activity. As we age our muscles begin to tighten, our joints swell and our range of motion diminishes, often making simple tasks more difficult. Regular stretching in the morning, at night and throughout the day increases flexibility, balance and coordination, as well as releases stress.



## Get Outside

In this tech-driven world we often neglect the beauty that is right outside our walls. Breathe in the fresh air as you take a stroll through your neighborhood, feel the wind blowing through your hair as you ride bikes in the park or cool off on a hot day by going swimming at the pool. The opportunities to be outside are endless – take advantage of them!



## Take Time for Yourself

We spend a majority of the time in our busy lives focusing on everything except the thing that may need the most attention – ourselves. Our jobs, bills, spouses, children, grandchildren often take precedence over taking time to pay attention to our own needs. This new year, challenge yourself to take some time each week for just yourself. Go for a drive, read a new book, get a massage – you'll be surprised just how uplifted and recharged you'll feel.

