



January 27, 2023

Five Tips to Health

As we near the end of January, we may still be seeking those easy and approachable tips that will contribute to our health all year long. Here are five ideas that you can take up in the weeks ahead:

- **Drink a glass of water as soon as you wake up.** While coffee may be calling your name, your body becomes dehydrated overnight while you're sleeping. If you don't prefer water, try adding a little lemon and some ice cubes. It will help you to start your day off right.
- **Try to 'unplug' one night per week.** Turn off the television, put your phone and computer away to charge, and instead read a book or listen to some music. This can help to provide some context to the amount of time we spend connected to our digital devices.
- If exercising every day isn't an option, **carve out one block of time over the weekend for physical activity.** This could be going for a walk or attending a fitness class. Involving your family or friends can help to make this a healthy routine.
- **Experiment with one new healthy recipe each week.** We typically have our go-to recipes, especially for our busy weekdays, and it is easy to get bored with the meals we routinely eat. Instead of gravitating towards unhealthy foods, pull out a cookbook for an inspirational browse, or search a favourite ingredient and find a wealth of easy and original recipes online.
- **End your day with a 15-minute walk.** A short walk can help you to unwind and reduce the stress you may have experienced throughout the day. Walking can help you to clear your mind, and transition from your work life to your personal life. Take your walk after work as you head to transit or your car, or head out as soon as you get home or after dinner.

Source: <https://www.emblemhealth.com/blog/health/quick-tips>

A handwritten signature in black ink, appearing to read 'R. Morandini', with a stylized flourish at the end.

Rochelle Morandini

Member Health & Well-Being, Director

If you would like to contribute or have ideas about what you would like to see in the ReFresh series, we would love to hear from you: contact rochelle@bcpvpa.bc.ca.