



# 55 Great Ways

The Katy family's guide to wellness in mind, body, and personal relationships

*Written by Wendy Teng and Katy Magazine's Editors*

## 1. Drink Water

Drink at least eight glasses of water each day. Water makes up approximately 60% of the body, so it is essential to stay hydrated.

## 2. Get Enough Sleep

Establish an age-appropriate bed time for everyone in the family, including yourself, and stick to it. Adults need between six to eight hours of sleep, while children require eight to 10.

## 3. Hand-Washing Habits

Wash hands for 20 seconds with soap under warm water before and after eating and using the restroom. Teach kids to do the same.

## 4. Eat Fruits and Veggies

Having the recommended daily serving of fruits and vegetables will cleanse your body, prevent disease, provide energy, and give you all of the necessary vitamins and minerals you need to keep going all day.

## 5. Limit Screen Time

Set timers on devices to turn off or lock after one hour, and plan activities that include getting up and going outside. Always turn off cell phones, laptops, and TVs at least 30 minutes before bed time.

## 6. Solve the Snoring Mystery

Rule out sleep apnea if you have a snoring problem by scheduling a sleep study. Snoring is potentially related to heart disease, stroke, and other issues.

## 7. Don't Forget to Floss

People who floss regularly have greatly reduced risks of gum disease, cavities, and other dental issues.

## 8. Drive Distraction-Free

Always wear a seatbelt in a moving vehicle and make sure all passengers do the same. Focus and drive without distractions such as texting or talking on your cell phone.

### 9. Protect Your Skin

Apply sunscreen on your face, neck, and uncovered skin when going out. This should be done on a daily basis, especially for children.

### 10. Take the Stairs

If stairs are available, consider taking the stairs up and down to your destination. Use your best judgement whether it is safe to take the stairs.

### 11. Wash Your Produce Well

Before preparing or consuming produce, always wash with a safe rinse and warm water to remove any harmful chemicals or preservatives.

### 12. Eat at Home

Rather than filling up on fast food, find healthy, fun recipes that anyone can make at home and invite each member of the family to pick their favorite. Make a commitment to only eating out once a week.

### 13. Schedule a "Me" Day

Let your family know that you are going to spend some time solo, and enjoy a day doing things that make you happy. This mini-escape will give you a greater appreciation for life in general and for the blessings in your daily routine.

### 14. Exercise Regularly

Schedule time for workouts or going to the gym. It may be difficult at first, but you will appreciate yourself a lot more after each workout.

### 15. Meditate Daily

Set aside time in your day to find a restful, quiet place in your mind. Meditate on positive thoughts to keep your perspective in a happy place.

### 16. Stretch More

Stretching helps maintain smooth joint movements, muscle strength, flexibility, and muscle coordination. It also helps improve blood circulation.

### 17. Go Organic

Conventional food produce and products tend to be made up of a variety of chemicals, preservatives, and additives. Try organic produce and food and see if you feel healthier.

### 18. De-Clutter Your Life

Simplify and get rid of items that you no longer need. A clean home can help you and your family stay focused, think clearly, and feel more at peace.

### 19. Eat Breakfast

Kick-start your metabolism each morning with foods that are high in protein and will give you several hours of healthy, sustainable energy. Oatmeal, eggs, or whole grain toast topped with peanut butter and sliced bananas are quick, power-packed options.

### 20. Use Stainless Steel Bottles

Plastic bottles can leak BPA substance that can affect hormones, so use stainless steel water bottles to be safe.

### 21. See the Eye Doctor

Your vision can change dramatically in less than a year so it's important to keep your prescriptions up-to-date. As adults age, there may be issues like glaucoma, cataracts, and loss of vision.

### 22. Read Food Labels

Knowing what is in your food before consuming will let you know what chemicals you are putting into your body. You can also avoid certain ingredients in food products that may adversely affect your health.

### 23. Sit Less

Try to sit less and move around more. Some physical activity is better than no physical activity.

### 24. Track Your Cycle

It is important to keep track of menstruation periods as abnormal activity may indicate health issues. Use a free app tracker such as Period Tracker or My Cycles to help keep track.

### 25. Eat More Legumes and Nuts

Fill up a small snack container with a mixture of peanuts, cashews, almonds, and a few raisins and cranberries for sweetness. Kids will love them as snacks.

### 26. Eat Spicy Foods

Trying some spicy foods can be good for health. Spicy foods can help you eat less and lose weight, and may be able to reduce the growth of some tumors.

### 27. Get Your Yearly Check-Ups

Be sure to get an annual physical and take any prevention exams or tests to ensure there are no lurking health issues that need attention. Encourage all family members, relatives, and friends to do the same.

### 28. Do Strength Training

As adults get older, there is often loss in muscle mass and strength. Training with weights at least twice a week will help maintain healthy muscle mass and keep body fat at a minimum.

### 29. Track Your Calories

Try to write down or collect data on food and calorie intake per day for yourself and your kids. It will help you keep fit and let you know whether you meet the recommended daily intake per day.

# to Stay HEALTHY this Season

### 30. Revive Your First Aid Kit

Be prepared for minor accidents and injuries by keeping a kit stocked with an EpiPen, bandages, gauze, antibiotics, sterile wipes, and any medications or items relating to specific health issues in your home to be used when needed.

### 31. Try Yoga Classes

Not only is yoga a great stress reducer, it's also a good way to stay fit, improve posture, increase strength, and gain flexibility. Hot yoga can also help detoxify the body, moisturize the skin, and improve joint health.

### 32. Get on Schedule

Make sure your kids have a regular set schedule to follow. It helps them stay focused and energized throughout the day because they know what to expect.

### 33. Control Your Portions

A lot of foods are tasty to the palate, and people tend to overeat. Eat good foods in moderation, especially carbohydrates. A good method is to look at the plate and serve a proper portion size without refilling.

### 34. Own a Pet

Studies have shown that households where pets are present exhibit lower blood pressure and cholesterol levels, which reduces the risk of heart attack, and that pet owners who suffer a loss are less likely to suffer from clinical depression because a furry friend can provide comfort and companionship.

### 35. Get Your Vitamins

A good multivitamin can do the job, but it's important to get as much of the stuff as you can the natural way. Eating delicious, vitamin-rich foods like sweet potatoes, carrots, kale, red bell pepper, and black beans will go a long way.

### 36. See the Dentist

Most dentists recommend that families be seen for a cleaning, exam, and X-rays once every six months to prevent decay and gum disease. Schedule your visits in advance, and ask if your dentist is available on weekends.

### 37. Cut Back on Sugar

Over-consumption of sugar is a health risk. It can accelerate health issues like cardiovascular diseases, obesity, and diabetes. Be aware of the amount of sugar in your foods and limit consumption.

### 38. Don't Eat After 8 p.m.

Your metabolism begins to slow down, making it harder for the body to burn off calories and causing more food to be stored as fat.

### 39. Open a Window

Exposure to natural sunlight is proven to have a positive effect on mood, alertness, and overall productivity. So throw back the curtains and let in a few rays.

### 40. Think Before You Drink

If you plan a night out on the town, factor in the alcohol, and who will be the responsible party. If no one wants to step up as a designated driver, schedule a service like Uber for picking up and dropping off.

### 41. Check Security Systems

Once a month, go around the house and make sure that all smoke alarms, security systems, and other safety measures are working properly. If something is wearing out or needs to be replaced, address it before an emergency situation arises.

### 42. Be Grateful and Joyful

Try to choose peace and joy in everyday life and find the gratitude in everything around you.



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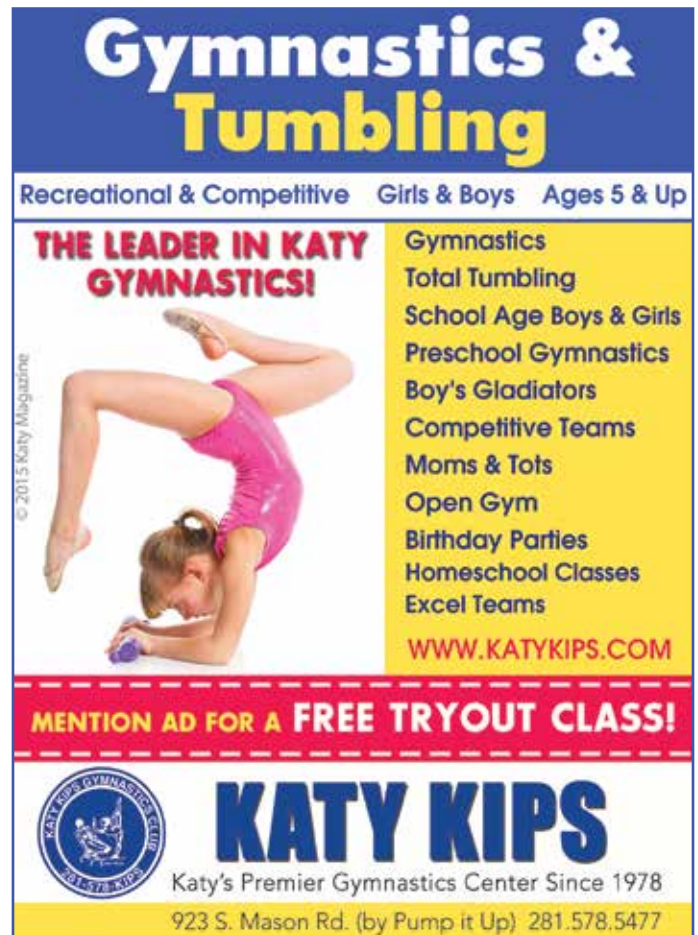
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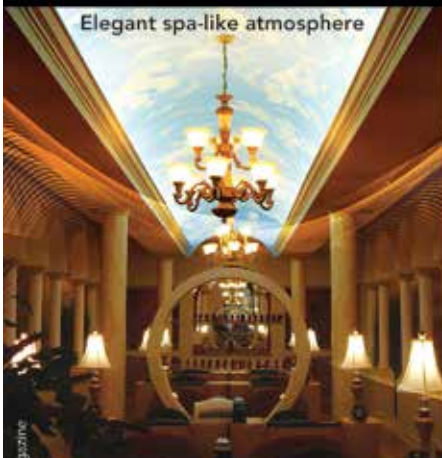
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