

EAT FOR BETTER HEALTH



Better eating is not as complicated as you might think. Making small changes gradually over a period of time works best. Your body and health will respond favorably. Avoid complicated diets and focus on eating real food 80-90 percent of the time.

- Plan your meals ahead of time. Avoid having easy access to foods you know are not health promoting. If you have some around, put them out of sight.
- Drink clean water. Avoid fruit juices and sodas that have high sugar content.
- Limit your caffeine intake, especially if you are sensitive to it and after mid-afternoon. Minimize diet sodas as they appear to have similar effects to eating real sugar.
- Eat unprocessed foods. Limit prepackaged foods.
- Avoid the three whites: white flour, white rice and sugar.
- Focus on eating more plant based foods with each meal. (Vegetables and fruits)
- For sweet cravings, eat fruit.
- Keep protein servings to palm size.
- One oz. servings of nuts are a good snack.

- Don't skip meals. Eat breakfast, preferably low in refined sugar, to start your day right.
- Close the kitchen at night. Set a time when you are done eating for the day. Fruit is a good choice for a snack if necessary.
- Eat smaller portions. Stop when you feel 80 percent full.
- Chew your food 10 times or more. You will eat less. Eat slowly and savor each bite. It takes 15-20 minutes for messages that you are satisfied to reach the brain.
- Enjoy your food and eat mindfully. Watching TV distracts you from focusing on what you're eating.
- If you have a bad day, put it in the past. Start the next day eating better again. Don't let the pattern continue.

SMALL CHANGES TO YOUR EATING HABITS over time are more successful at sticking. Over 90 percent of diets fail.

EXERCISE FOR BETTER HEALTH



Start where you are. If you are quite inactive, start with small amounts of exercise a few minutes at a time and maybe several times per day. Do not set yourself up for failure by trying to make large changes all at once. It rarely sticks. Improve your results by tracking your activity on a calendar. Check mark it each day.

- Park and walk from the back of a parking lot while shopping.
- When talking on the phone, walk around.
- Walk or bike for short errands.
- Walk with intention, at a faster pace. Use longer strides or swing your arms to make it more challenging.
- Vigorously clean house or garden. (Work up a light sweat)
- Walk with a friend, and visit at the same time. Get out in nature whenever possible for added benefits. Being in nature improves your health!
- Use the stairs instead of an elevator when possible.
- When sitting at work or home, stand and move at least every hour. Exercise muscle groups by tightening and relaxing an area briefly for a 1 minute. Toe raises, abdominal crunches or push-ups against a chair are simple examples.
- Take breaks to stretch muscles of the neck, back or legs. Reach for the ceiling for 15 seconds. Stretch where ever

your body part feels the need. Consider taking a yoga class.

- Learn deep breathing exercises to relax and reduce stress. Deep breathing calms your nervous system.
- Enjoy music while doing laundry, cleaning or cooking. Do a little dance.
- Look for opportunities to increase your physical activity. We all have dozens of potential choices to move more. Start small, and as your conditioning increases, build your routines to longer periods of time. Walking, running, swimming, cycling, dancing, strength training, stretching and yoga are all potential activities. As you begin to feel better and better you will be building good habits that will self-motivate you! Set goals for your physical activity. It's one of the cheapest forms of health improvement and health insurance there is. Exercise is also a great stress reducer. Stress contributes to some degree in just about all health issues.

WALKING 20 MINUTES A DAY: Reduces blood pressure and diabetes risk, keeps osteoarthritis at bay, prevents dementia, reduces depression, promotes better sleep, enhances your sex life and boosts your immune system.

RELAX FOR BETTER HEALTH



Stress is necessary for life. Many experts say that too much stress is a factor in the majority of health problems. We cram more and more into every day with the modern busy life. Our nervous systems are overly active resulting in muscle tension, anxiety, depression and this contributes to a wide variety of ailments. We can't eliminate stress, but we have many options available to better manage it.

- Understand stress and recognize your need to be proactive in managing it.
- Regular exercise, adequate sleep and a healthy eating all contribute to reducing the effects of stress. Realize that healthy lifestyle practices control the majority of your health.
- Having a purpose in life is important. Caring and doing good things for others can add satisfaction to your life.
- Be grateful. Think of and be thankful for the things we have and the people in our lives. (Family, friends, good health) Most of us don't have to look too far to realize how lucky we are. Remind yourself on a daily basis.
- Avoid complaining and negative thinking. Unhealthy chemicals increase in our bodies when we are negative, contributing to stress and poor health. Replace negative talk and thoughts with positive ones. Practice makes perfect.
- Be organized. If you are unorganized, unprepared and frequently late, you will have higher levels of stress. Be early for your appointments.
- Notice things or environmental factors that are stressful to you. Avoid or minimize them as much as possible.
- Socialize and enjoy friends and family on a regular basis. Meet new people. Engage in conversation. Give sincere compliments to others when the opportunity presents.

- Enjoy the simple things in life: the warm sun, a cool breeze, a warm shower, a child's happiness and feeling of being hugged by a loved one. Every day we have dozens of opportunities to be happy and smile about the good things in our lives.
- Be curious of things and others. Learn new things.
- Call and visit a friend. Reminisce about the good old days.
- Smile frequently. Laugh frequently.
- Realize that material things can only bring short-term happiness. Believe it!
- Visualize relaxing activities, a calming activity or old memories that were happy times.
- Use affirmations to control stress and keep yourself calm. Say them on a regular basis as part of your daily routine.
- Practice deep breathing, progressive relaxation or meditation on a regular basis.
- Stretch tight muscles, get a massage, or use other therapies that promote your body's natural healing abilities.

YOUR LIFESTYLE CHOICES AND PRACTICES ACCOUNT FOR THE MAJORITY OF YOUR HEALTH. NOT A DOCTOR OR A MEDICATION. SOCIALIZATION HAS BEEN REPORTED TO BE THE NUMBER ONE FACTOR IN LIVING A LONG LIFE. LIVING A BALANCED LIFE AND MANAGING STRESS ARE THE MOST IMPORTANT FACTORS THAT DETERMINE YOUR HEALTH AND LONGEVITY.

SLEEP FOR BETTER HEALTH



- Establish a bedtime routine. Wake up and go to bed close to the same time every day. When you get adequate amounts of sleep your body and brain heal and you will be much healthier overall.
 - Avoid artificial sleep aids. Work with your doctor to use prescribed medications only for the short term if possible.
 - Physical activity (exercise) gives you a reason to be tired. Make sure and get daily exercise as it contributes to better sleep.
 - Avoid large meals at night. An active digestive system can interfere with your sleep.
 - Limit your fluid intake several hours before bedtime.
 - Alcohol will interfere with your sleep. Limit your alcohol consumption. It can make you tired but often results in restless or interrupted sleep patterns.
 - Abstain from caffeine by afternoon.
 - Prepare for sleep by dimming your house lights and quieting any noise an hour or two before bed. Watch TV programs that are not over stimulating. Avoid the news.
 - Close out your day by finishing any work or activities that require serious thinking an hour or two before bed. Avoid trying to solve problems at bedtime. Plan ahead and organize for the next day.
 - Take a warm shower or bath to relax before bed.
 - Make your sleep environment friendly. Darken the room and block all light sources including LEDs. Wear a sleep mask if necessary.
 - Reserve your bedroom for sleeping and relations only. Avoid having a TV in your room. If you read keep it light and not related to work or other topics that get your mind going.
 - Keep the room cooler (60-70 degrees). Experiment with what works for you. Your body core temperature needs to stay cool.
 - Consider deep breathing or progressive relaxation type exercises to calm your nervous system at the end of the day. Meditation practices are also useful for relaxation and stress reduction.
- MAKE SLEEP A PRIORITY IN YOUR LIFE. SLEEP TIME ALLOWS YOUR BODY AND BRAIN TO REGENERATE AND HEAL.***



Are you overwhelmed with the pain of your arthritis?



Pulse Electromagnetic Fields (PEMF) have been proven to reduce inflammation and pain, but devices manufactured in the past have been ineffective at delivering the therapy to the treatment site. Existing PEMF devices have dead zones at the center of the coil where the therapeutic electric field is near zero.

The NovoPulse has solved this problem.

Through its innovative design, arthritic joints are efficiently treated and the healing process is improved.

Pain reduction is achieved through NovoPulse's unique PEMF therapy delivery and controlled thermal stimulation; reducing pain and inflammation from arthritis and helping rejuvenate the cartilage.



NOVOPULSE®
JOINT WELLNESS SYSTEM™ MKX-1

ABOUT OSTEOARTHRITIS

Otherwise commonly known as a “wear and tear” arthritis, osteoarthritis affects one-third of all adults age 65 and over. Its damaging impact causes pain and disability as a result of injury and trauma as well.

Typically, trauma and age begins the sequence of events which lead to cartilage being destroyed slowly by inflammation. As a result, joints affected by osteoarthritis become less mobile and a loss of function causes pain.

Fortunately, there is now an advanced method to treat your osteoarthritis. The NovoPulse has been field-tested and FDA-Listed device to bring you relief and recovery for a better life.



Best Practices Academy

2301 Research Park Way | Brookings, SD 57006

Phone 877-788-2883 | www.bestpracticesacademy.com