

Important Daily Decisions That Support Optimal Health

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We all want to be at our healthiest all of the time. When we are young, we just take for granted that we are healthy, that we have energy to do the things we want to do, that our bodies will perform as we want them to perform. As we get older, we have to actually work at being healthy. Often the small daily decisions that we make and actions that we take add up to either support our health or detract from it. Here are some daily health decisions to consider:



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1. **What you eat:** Eating a diet that includes lots of fruits and vegetables, lean proteins and whole grains promotes a healthy body, helps to insure against disease, and gives us the energy we need to do the things we want. How much processed food are you eating? Are you eating a healthful, balanced diet today? Could you add an additional serving or two of fruits and/or vegetables?
2. **Fluid intake:** Many people walk around in a constant state of dehydration. Get into the habit of drinking fluids on a constant basis. Water is optimal, but herbal teas and organic juices are also very healthful. How much water have you had today? Go drink another glass!
3. **Sleep:** Skip that late-night program tonight and get an extra hour of sleep. Not only will you

have more energy tomorrow, but getting enough sleep will also help you cope with daily stress and ward off disease.

4. **Exercise:** Keep active doing that which you enjoy doing! Try to get some sustained movement every single day. Take the dogs for a walk, ride your bike with the kids, find a great workout app, or work with a personal trainer. What have you done today? What could you do tomorrow?
5. **Regular doctor and dentist visits:** Make that one phone call today that you have been putting off for that mammo-gram or prostate screening. Making the appointment will probably take you 5 minutes or less and could just save your life.
6. **Strong friends/family support network:** Keeping up with friends and family has never been easier AND more important. Pick up the phone and call someone who you have not talked to in awhile. Schedule a Zoom date with a friend. Cuddle up with your hubby on the couch tonight.
7. **Manage stress:** What kind of downtime do you have planned for today? Do you have a few quiet moments to relax? Can you take an hour to do something that brings you joy? Add some downtime every day to help keep you mentally sharp.

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For more information, please visit www.onthemovefitness.com or call us at 303-816-1426.
