

TAKE CHARGE FOR BALANCE AND HEALTH! [June 2011]

Summer is a great time to recapture and reinforce BALANCE and HEALTH in your life that can carry into busier times of the year, so that you can feel and do your best year round.

The better you feel on all levels, the better you can manage all that comes your way.

Here are some tips to help you find greater daily balance and keep vitality high:

*Move, move, move! Even if you have physical limitations, explore what movement and exercise you can do comfortably and try to do it every day, such as stretching, running, walking, stairs, Tai Chi, Yoga, movement while seated in a chair.

*Get your sleep--your cells need to recharge.

*Eat nutrient rich food and drink lots of fluids--good nutrition and hydration are vital to strong energy and longevity.

*Set clear boundaries around your work responsibilities so that work does not intrude upon family time, time off and vacations.

*Set time aside to nurture yourself in whatever way you find enjoyable and useful, in particular to achieve quiet and calm for the mind.

*Set time away from technology as much as possible--computers and smart phones are useful but significantly amplify a high adrenaline pace our bodies cannot sustain over the long run.

*Make time for bodywork sessions devoted solely to mental stillness and peace; this helps to reinforce internal nervous system balance that is critical to feeling your best and doing your best each and every day.

You deserve and have the power to prioritize time in your day to support your well-being. Start with small steps.

If you reasonably put balance and health first, you will soon discover that you feel so TERRIFIC that you can be more and do more for others BETTER than ever!

Enjoy a lovely summer!

Warm regards,
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