

4 Rs for Restoring Health

Sooner or later, unhealthy habits catch up with us. Maybe too much eating, drinking, sitting, sunning or worrying? Fortunately, the body has an amazing ability to heal itself — when you step in and help it, starting now.

Reflect: Are you ready to put your health first? Attitude is everything when it comes to improving your health. Feeling positive about your decision can keep you motivated to succeed.

Review: Identify what's causing your health problems. Is your weight completely out of control and a source of depression? Is your lack of energy preventing you from enjoying favorite activities? Consider any past efforts that may have failed, and why. Then set practical goals for changes that fit your lifestyle.

Reverse: Adopt 1 or 2 positive habits that lead to improvement. Take quitting smoking, for example: Ask your health care provider about quitting aids or a program that offers daily coaching for quitters. With that first step you begin repairing the damage.

Rebuild: New habits require learning and maintaining different behaviors. For example, rather than eating out most nights, gradually fit in more nutritious home cooking.

Important: Staying active fights weight gain, stress and several chronic diseases — and gives you the endurance to enjoy life more. What is one of the simplest and easiest exercises for every stage of life? **Walking.**



*You can't turn back the clock, but
you can always get better mileage.*