

12 ways to improve your dietary habits

1. *Calories count, but do not count calories.* Pay more attention to grams of fibre and carbohydrates. Aim to eat at least 25grams of fibre each day. Try to include whole-grain. Carbohydrates unrefined grains with more fibre.
2. *Always include a protein* with your meals and snacks to aid in appetite control, and moderate the rise in blood sugar. Choose lean or low-fat meats, dairy products, fish, beans and eggs.
3. *Never miss breakfast.* It is your first opportunity to turn the metabolism on and set the blood sugar pattern straight. Avoid boxed cereals, baked goods and instant breakfast drinks these contain sugars and stop the body's ability to continue to burn fat. Choose whole-grain, high-fibre breads and cereals. Coffee by itself will raise the bloods sugar by stimulating glucose release from the liver.
4. *Always eat before you are too hungry.* Eat three meals a day and two or three snacks (fruits or vegetables) per day. This will prevent over eating at meal-times, but also prevent cravings in the afternoon for sweets, caffeine's or junk foods.
5. *Try to reduce your meal portions by 20-30%.* To lose one pound of fat you must create a 3,500-calorie deficit through exercise and calorie restrictions.
6. *Focus on why and when you are eating.* Ask yourself when you grab another handful are you truly hungry or just bored, tired, upset or eating because it is a bad habit? Too many calories are eaten due to emotional upset or mind-less eating.
7. *Plan weekly dinner menus to ensure healthy dinners.* Most people eat more than 50 per cent of their calories after 5pm! Make a plan and a shopping list once a week. Shop for groceries with that healthy menu plan in mind.
8. *Drink more water.* Staying hydrated keeps energy levels up and appetite down. Drink water especially between 10am and 3pm to get most out of hydration. The body craves fluids from mid-morning through mid-afternoon.
9. *Eat more vegetables when eating out.* Order a salad as an appetizer and ask for more vegetables on your plate.
10. *Consume more fish* such as Salmon, Shrimp, Trout, Halibut or Sardines at home or when eating out. Fish is low on calories and high in healthy fats that keep the brain and heart healthy. Aim to eat fish at least twice a week.
11. *Include healthy fats at every meal.* Essential fats help burn fat and aid in satiety (feeling full). Use nuts, seeds, avocado's or olive and canola oils at each meal.
12. *Do not drink your calories.* Avoid all high-carbohydrates beverages such as juice, pop, energy drinks, specially coffee and sports drinks

All information is for guidance only and you are advise to seek professional service for further information and possible medical assessment and treatment



12 Ways to Wellness

1. *Shake up your health routine.* See a dietician or a naturopath or herbalist for a complementary take on your health care.
2. *Stretch more.* Stretching shouldn't hurt. Rather, if done correctly it will help prevent and treat injury. For tips and routines, sign up for a session or two with a personal trainer or sign up for an exercise or yoga class with a reputable instructor.
3. *Find out your fat and fitness levels.* Checkout your body mass index (BMI) height and weight ratio. Alternatively get a personal assessment done at your GP's or a reputable gym by a qualified trainer.
4. *Set a fitness challenge.* Sign up for a fund raising walk; help others as you help yourself.
5. *Buy a new pair of trainers.* But don't just buy the cheapest pair that fits. Try on as many styles or brands as it takes to get the right fit. Poor fitting trainers will undermine your fitness challenge.
6. *Learn to love the season we are in.* The new lighter weight outdoor gear makes it seem less of a chore to bundle up and get outside. Try skating or skiing. In the summer join your local rambling or surfing club. Take time to LOOK at the world you live in. It is fabulous and so often we don't see it.
7. *Learn to meditate.* You'll calm your mind and improve your quality of Life. Sit in a quiet spot then breath deeply and slowly. Try Yoga, Tai chi or Qigong classes. Different paths to the same goal.
8. *Go for regular massages.* Regular massage can relieve tension and anxiety, decreases chronic pain and sports-related soreness.
9. *Count calories for one week.* Look at places you need to make improvements. Review your eating and drinking habits regularly.
10. *Eliminate one toxic substance from your life.* The obvious ones are smoking, alcohol, fried foods and trans-fats.
11. *Take a class.* Learn a new language, cooking, or creative writing. This may stimulate your mind, it means you will meet new people, develop a new topic of conversation and generally broaden your horizons.
12. *Make and maintain contact with others.* It is easy to stay indoors. Get out; become familiar with your local neighbourhood. Become a regular at the local coffee shop, the library, third age university group or volunteer for local youth groups. Share your skills and experience with others.

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12 ways to improve your mood

1. *Get rid of clutter.* Buy less, give away lots. We can be over stimulated by the sheer volume of 'stuff' we surround ourselves with, both in our homes and at work. We lose the ability to concentrate and focus. Financial strain can occur because of misplaced bills.
2. *Celebrate the small stuff.* The clearing of your clutter. Send thank you cards to friends or colleagues who have done well. There is pleasure to be gained from giving as well as receiving such notes or cards. The cuddles from your children or grand children celebrate the things that come from being in touch with others.
3. *Laugh and smile more.* Read a comic, rent a funny movie, and watch TV shows like Monty Python, Fawlty Towers, Simpsons or go to a show.
4. *Eliminate or cut back on mood altering substances in your diet and your life.* Alcohol, smoking, recreational drugs all provide a temporary boost but they also can act as depressants, so ask yourself is it worth it?
5. *Add mood improving foods and vitamins to your diet.* Omega rich foods such as fish. Iron rich foods like beef and broccoli. High protein and high fibre foods will assist in stabilising blood sugar and reducing mood swings.
6. *Stay away from toxic people.* Got a 'friend' who gets you down. Reduce the time you spend with them. Life is short; surround yourself with positive happy people. If you don't know any, go out and find them.
7. *Do something nice for someone, a stranger, a friend, a colleague.* Let the other person in when stuck in traffic. Help reach the item off the top shelf in the supermarket. Write a note to the manager of the sales assistant who helped you.
8. *Get Physical.* Walk with friends and family for a local charity. Do some gentle exercise regularly 3 times a week don't sit still for too long get up and move around. Do some arm chair exercises
9. *Read an inspiring book.* There are too many to list. Find one that interests you.
10. *Reduce your carbon footprint.* Carry a cloth bag with you always so you never need to use a plastic bag again. Walk if you can instead of driving.
11. *Commit to a cause.* Find something you believe in and make a positive change. Stop complaining about something – deal with it yourself. Spend time even if only a day a couple of times a year, volunteering at a soup kitchen or hostel to put your life into perspective.
12. *Do something you have always wanted to do or put off doing, do it for you.* Fly in a hot air balloon, take personal time go to the spa. Create your own 'Bucket List'.....

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12 ways to improve relationships

1. *Trust each other* – Trust their judgement and support their ideas. It is about not needing to know where your partner is all the time
2. *Listen to each other* - Don't interrupt or take over the conversation actively participate in the 'discussion' rather than express or enforce your opinion.
3. *Show sensitivity* - This is not about getting in touch with your 'feminine' side. It is being sensitive about the things that are important to your partner, which are not necessarily important to you.
4. *Create your own space, but don't be too exclusive* - If you have never been together 24/7 you need to have time for you. Don't do everything together as this can be overwhelming and allows no exchange of news when you do get together. While you need your own space you also need to:
5. *Make time for each other* - Even in retirement there can be much that 'clutters' our daily lives, so clear the diary, show that you care enough to give up something to do things together
6. *Be friends, build a friendly relationship* - True friends do not put each other down they are positive supportive people.
7. *Look for and know the signs that indicate your partner's mood* - Know what will get them through the tough times. Provide them with the support, care and comfort that they need. Share their joy even if you don't understand the cause be happy for them.
8. *Give unexpected gifts occasionally* - The first snowdrop/rose of the season; it shows you thought of them and that you care.
9. *To old for sex! Never* - Adapting to suit the physical and emotional needs is all that is required is inventiveness. Don't forget to touch each other throughout the day bring back the kissing and the cuddling, the kids might pull faces, but why should you worry what they think they never took any notice of what you said.
10. *Honesty is the best policy* - But then there is diplomacy just don't confuse the two. There is no need to be too blunt and hurt another's feelings, if you don't like something say so in a nice way – suggest an alternative choice.
11. *Plan ahead together even for those things you do individually* - Involving each other during planning, strengthens communication and understanding of each others needs, hopes and aspirations
12. *Keep the romance alive* - Remember why you are together, revisit the memories, laugh and giggle together over the things you have done and the things you are planning to do in this the next phase of your life

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