

# Wellness: Eat Well, Move Well and Think Well

## ***Eat Well***

We live in a country brimming with food choices. No matter where we go, it seems there is some kind of unhealthy food offered to us -- donuts at a morning meeting, pizza and potato chips for a children's lunch party, just about anything at a fast food restaurant, rich appetizers at a party or an ice cream treat after a long, hot summer day. Sounds fun, right? It's fun until the too-full, thick-around-the-middle feeling sets in plummeting your self-esteem and body image.

While we don't have to give up the perks of living in an abundant society, we can choose to eat well in order to be well.

If you are struggling to adopt healthier food choices, don't give up hope. Start small and simple.

- Choose something fresh to eat at every meal
- Add more quick tips here from "Eat Well" speech

## ***Move Well***

Sometimes working out is a real hassle, a total inconvenience. There is so much to do in a day. Who has the time? Developing the habit of exercise will be a struggle. You will have to re-arrange your schedule to make it work.

Here is the initial truth about developing the habit of exercise: it might not be fun at first, it will be a struggle, you won't feel like doing it and other things will probably come up and you'll want to skip.

Here's the real truth: once you develop the exercise habit and put in the time, effort and sweat, the rewards start rolling in. Something happens from within. Feel-good endorphins pulse through your body, energy levels increase and you accomplish more throughout the day. Your body feels alive and activated. You feel better all day and sleep better at night. Your mood improves, your thinking becomes clearer and you feel good about yourself for accomplishing something huge -- starting and sticking with an exercise program.

Researchers have found it takes 21 days to create a new habit. To be sure, start your exercise commitment with 21 days and double it-- 42 days or 6 weeks. For 6 weeks make a strong commitment, put the time in exercising and create life-saving habits that will truly change the course of your health.

For the next six weeks make a goal to:

- Commit to at least 4 days of exercise per week
- Add more quick tips here from "Move Well" speech

After you really get into the habit of exercising, you will find that you actually crave physical exertion. You will come to the point where you will want and need to work out because you will know *just how good you can feel* after you work out.

There will be busy times and illnesses that may slow you down. You may even have times when you don't work-out for a whole week. Stay strong. You can do this. All it takes is one or two work-outs to get your body re-activated again.

### ***Think Well***

As health seekers, we work hard to create an environment where we eat healthy food, drink pure water and breathe clean air; but unless we are well from within, the feel-good effect of true wellness may never occur.

What makes one person wake up happy and ready to take on the day while another person can barely get out of bed? Maybe it's an illness, or a rough schedule or a restless night of sleep... or maybe it's our thoughts.

Our thoughts hold us hostage every day. They control where we go, how we feel and how we react to the events and people we face.

Developing a positive thought springboard to get you through the inevitable junk our modern world hands out to us is absolutely critical. But how do you do this when you were raised in a dysfunctional home, or if you're currently dealing with a major problem?

**CLIENT** Musser Chiropractic and Wellness Center

**DATE** August 2010

**FINAL VERSION** Seen in *Northeast Ohio Healthy Home*

**NOTE** Client wanted to submit something for this newsletter, but was too busy to write a full article. I helped him by providing large chunks of copy. He added in his own text to create the final article for the publication.