

We would like to give you some suggestions, based on prior research, to help you maintain a healthy lifestyle. It is possible that these suggestions will also enhance the quality of your relationships. At the end of this explanation, you will be tested on this information since we believe it will be helpful for you to remember.

First, it is important have adequate sleep hygiene.

- 1) DO NOT exercise within four hours of bedtime and DO NOT eat excessively before bed or go to bed on an empty stomach.
- 2) DO get enough restful and uninterrupted sleep by trying to go to bed only when sleepy and going to bed and waking up around the same time every day.
- 3) DO adhere to bedtime routines that will help give your body cues that it is time to slow down and sleep (Examples: listening to relaxing music, reading something soothing, having a cup of caffeine-free tea, and doing relaxation exercises).

Second, it is important to get a certain amount and type of exercise.

- 1) DO NOT skip warming up (Examples: stretching and doing a slower or toned down version of the exercise you are planning on doing) or cooling down (Examples: stretching and doing something that will decrease your heart rate gradually, like walking slowly) for at least 5 minutes. These may seem a waste of time but both are important for enhancing the effects of exercise and preventing soreness and injury.
- 2) DO incorporate both strength (Examples: weight-lifting, martial arts, Pilates) and flexibility (Examples: stretching, swimming, yoga) training in addition to the type of activity mentioned in #3.
- 3) DO aim to engage in physical activity that is either moderate-intensity (some increase in breathing or heart rate; conversation can occur comfortably during activity) for at least 30 minutes on 5 or more days per week OR high-intensity (large increase in breathing or heart rate; conversation is difficult because of being out of breath) for at least 20 minutes on 3 or more days per week.
- 4) DO drink enough water (Examples: 2 glasses of water both before and after exercise, and small amounts every 15-30 minutes) and eat at least 2 hours before exercise.

Third, it is important to work towards implementing a healthy diet.

- 1) DO NOT eat excessive amounts (eating in moderate frequency or moderate serving size is fine) of foods that are high in salt, saturated and trans fat, cholesterol, and added sugar (Examples: processed, prepared, and canned foods as well as some restaurant and fast foods).
- 2) DO NOT avoid protein (Examples: fish, poultry, eggs, beans, nut, meats) or healthy fats and oils (Examples: avocado, fish, olive & canola oil, raw nuts and seeds).
- 3) DO try to eat a sufficient amount and a large variety of fruits and vegetables (average of 2 cups of fruit and 2.5 cups of vegetables per day) especially those dark in color (Examples: dark green and orange).
- 4) DO eat at least 3 servings of whole grains per day (Examples: whole wheat instead of wheat flour, oatmeal, brown rice, quinoa).
- 5) DO consume 3 cups per day of milk or equivalent milk products (Examples: yogurt, cheese, or non-dairy calcium-containing alternatives).