

Simple Ways to Seize The Day

Develop an ongoing awareness of how you feel throughout the day. Here are some simple tips to help turn around a bad day or make a good day even better.

Laugh to help your heart.

Laughing is fun, relieves stress and improves blood flow through the entire body by 20 percent, which lowers the risk of heart attack.



Look on the bright side.

Optimists often have lower blood pressure, which reduces the risk of coronary artery disease as found in a study by scientists at Harvard and Boston Universities. Positive people also tend to have healthier habits, which improve longevity.



Stand up for your health.

Sleeping more than nine hours a night, and sitting too much during the day could be a hazardous combination, particularly when added to a lack of exercise, according to new research from the University of Sydney's 45 and Up Study.



Find time to exercise.

A study published in *Medicine and Science in Sports and Exercise* found that levels of fatigue and depression improved after a 30-minute session of moderate intensity exercise.



Seek the support you need.

Be in tune with how you feel – physically and mentally – and ask for help when you need it. Being proactive about your health can save you stress, time and money. Check with your doctor and health plan to research benefits you can access and talk to friends for recommendations.



Don't be a fish out of water.

The typical recommendation is 8 eight-ounce glasses a day. Staying hydrated aids in weight loss, helps muscles and joints work better and promotes cardiovascular health.



Sleep on it.

Typically, seven to eight hours of sleep at night is recommended as it can increase memory, fight infection, lower blood pressure and reduce hunger cravings.