

**Exercise daily, or if not possible, two or three times a week.** It will increase your metabolic rate and you'll feel fresh the whole week.



**Maintain your personal hygiene.** Wash your hands often, especially after visiting the bathroom at home or using the restrooms in a public place. Floss and brush your teeth and tongue after eating; food particles are often the cause of bad breath and gum disease. Visit your dentist regularly for cleanings and to catch any problems before they become serious.



**For more Wellness information and classes:**

**Fox Army Health Center  
Wellness Clinic**

**410 Goss Road  
Redstone Arsenal, AL  
256-955-8888 ext. 1440/ 1026**

**Fox Army Health Center  
Wellness Clinic**



**How to Live a Lifetime of Wellness**



**“Inspiring those who serve our nation and their families, past and present, to live a lifetime of wellness”**

**Eat well.** A light organic breakfast is sufficient and, when combined with a snack mid-morning, will see you through until lunch time. A good time for a healthy, easy-to-digest evening meal is between 5pm and 8pm depending on your work/study schedule; it is best to avoid late night snacks because they fill you with unnecessary calories and can disrupt your sleep. Once a steady eating pattern has been established, your body will feel more comfortable. Remember that not all fats are bad for you. Good fats can be found in oily fish like salmon and tuna, avocados, nuts and olive oil. These are essential to a well-balanced diet.



**Bolster your immune system.** Maintaining healthy habits and a high level of energy is difficult for anyone who constantly battles fatigue, colds, infections, or any other effects of a weakened immune system.



**Stop engaging in risky behavior.** Taking unnecessary risks is hard on the body and mind and can have devastating long-term consequences. Serious or established patterns of risk-taking can also be indicative of deeper psychological problems, in which case you should talk to a health care professional who specializes in a relevant field.



**Drink more water.** Adult humans should be drinking a liter or more water per day; six-eight ounce cups of water. That is in addition to diuretics like tea and coffee. Water keeps bodies at the correct temperature and removes toxins that are the inevitable result of metabolism and industrial life. Water-rich foods are an even better idea.



**Improve your sleep quality.** When you sleep, your body produces cells that fight infection, inflammation, and stress – which means that getting too little sleep or poor-quality sleep not only makes you more prone to getting sick, but also increases the time you need to recover from illness. On top of that, a study conducted by The American Journal of Clinical Nutrition demonstrated that men who slept for 4 hours consumed 500 more calories than they did after sleeping for 8 hours.



**Find emotional balance.** Even if you master every other aspect of health, it won't feel complete if you're suffering from inner turmoil. Everyone needs a pick-me-up sometimes, and there are many small things that you can do to feel better about yourself.

