

Healthy Lifestyles – Marshfield Area Coalition’s Healthy Top Five

Healthy Lifestyles – Marshfield Area Coalition’s goal is to promote healthy eating and active living through community educational programs and events. Coalition members bring you the “Top Five”. Check out these creative tips to jump-start your activity and improve your eating habits. Enjoy!

5 Paths to Better Health

Healthy living can be fun and enjoyable. Check out these tips for better health.

*Laugh More: At least once a day get a good laugh in. Laughter helps keep blood vessels dilated and protects against heart attacks. So go see a funny movie, read the comics, tell a good joke, or share a laugh with a friend.



*Learn a life long physical activity: Participation in Yoga, swimming, tai-chi, tennis and other life long activities can increase flexibility, strength and balance, which can help prevent falls especially for older people.

*Get enough sleep: Sleep helps keep memory and attention in top form. Most people need seven to nine hours of sleep a night.

*Eat dark chocolate: Dark and bittersweet chocolate contain anti-aging substances called flavonoids. Small amounts of flavonoid-rich dark chocolate might help protect against blood clots and heart attacks. Purple grapes, red wine, apples and tea also contain flavonoids.



*Go shopping at the mall: While shopping walk at a brisk pace, take the stairs instead of the elevator, and comparison shop. Your body and your brain will get a workout by calculating the math in your head. If shopping isn't your thing, join a walking group or a team sport for fitness and social stimulation.

Adapted from USA Today July 13, 2005

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To view article online, visit our Web site at www.marshfieldhealthylifestyles.org.

For more information about the coalition or to become a free member, contact the Marshfield Clinic Center for Community Outreach at 715-221-8400.

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