

Healthy Lifestyles – Marshfield Area Coalition’s 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 increase your fruit and vegetable consumption. Enjoy!

Boost Your Energy

Do you ever feel like you don’t have enough energy to get through the day?

Drink water before you’re thirsty. Dehydration can lead to increased fatigue and decreased mental alertness.

Try deep breathing exercises. Taking a deep belly breath helps to invigorate the body and mind. Start by sitting in a chair with legs uncrossed and spine tall. Breathe in slowly through your nose and fill your lungs all the way down to your belly, expanding your abdomen. Inhale deeply to a slow count of three, then exhale to the count of three. Breathe in smooth cycles without pausing for two to five minutes, equating to twelve breaths per minute.

Get moving. Walking, dancing, stretching and other forms of movement increase blood flow and oxygen to your brain helping you feel more mentally alert and energetic.

Soak up a little sun. Exposure to sunlight stimulates neurotransmitters in the brain, which improves mood and increases energy.

Start the music. Listen to some of your favorite, up beat and energizing music to re-charge your battery.

Submitted by coalition member: Mary Jo Siebenaler

*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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