

LIVING WELL

In the last few years, life expectancy in the US has dropped and is now hovering around 78 years. However, in other parts of the world, living over 100 isn't so uncommon. It is not simply that life expectancy is higher, but these centenarians are generally healthy, they are "up and running".

Here are some tips that you can do daily to ensure you are "Living Well".

GET DRESSED

Research has found that you treat your body better when you get dressed and ready for the day. It may seem silly to get dressed and do your hair if nobody is going to see you, but you are actually more likely to make better food and lifestyle choices, and be more productive, when you look and feel good!

MOVE YOUR BODY

No matter what, get moving! Go for a walk, do some exercises in your yard, or yoga in your living room. It is no surprise that physical activity minimizes stress and aids in the way we feel about ourselves. It is easy to get sluggish, down on life and load up on sugar when we aren't getting any movement. This is an excellent way to deal with anxiety. Make a reasonable goal for yourself that you can stick to. Even if you can't do your old routine, look at switching things up as a positive for your physique. Just 20 minutes of walking each day can benefit you inside and out. Change is good!

HUNGER CUES

Try and avoid eating out of boredom. Stick to your routine in regards to eating; finding your way to the kitchen when you are truly hungry as opposed to looking for something to do!

EAT PROTEIN

Eating protein and healthy fats with meals will fill you up making it less likely to overeat unhealthy foods. Eat a snack rich in protein before reaching for the chips. For example: apple and almond butter, celery and hummus, smoothie with protein powder, hard-boiled eggs with avocado, etc.

POSITIVE OUTLOOK

Perhaps you can see the silver lining in our new way of life. If not, try journaling about your new way of life. Use this opportunity as a chance to learn a new recipe, connect with friends or family members, read a book, and slow down. As frustrating as it can feel to be confined to home/work, most of us lead very busy lifestyles and this is a great chance to do things you may not normally have time for.

SUPPLEMENT

If you are wanting to boost your immune system add in Vitamins A, D, C, and Zinc. As always, choose your supplement brand wisely. A few I recommend are: Garden of Life, Thorne, New Chapter, and Pure.

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