

Make Wellness a Lifestyle

GLOBAL
WELLNESS
DAY®

INCORPORATE A FEW OF THESE STEPS INTO EACH DAY.

WALK FOR AN HOUR



Walking causes your brain to release endorphins, which make you feel happier. Walking also keeps you fit. It can strengthen your muscles and help you lose belly fat. Walking helps you lower your cholesterol and achieve a healthy weight.

DRINK MORE WATER



Drinking too little water can lead to exhaustion, loss of attention, and memory problems. Plus, the more water you drink, the less you'll crave unhealthy drinks like soda.

DON'T USE PLASTIC BOTTLES



Plastic bottles are made from petroleum waste. This material causes damage to both your health and the environment.

EAT HEALTHY FOOD



Try to consume healthy foods which are produced without the use of harmful pesticides.

DO A GOOD DEED



Help make the world a better place. Your good deed not only improves someone else's life, but also yours. Helping others is good for your mental health.

HAVE A FAMILY DINNER



Give each other your full attention without the distraction of smart phones and TV. Some research shows family dinners have a positive psychological effect on children who suffer from obesity.

SET A BEDTIME



Sleep is a critical process during which our body repairs and heals itself. Human Growth Hormone (HGH), which has a restorative function, is released by the brain during sleep. Getting enough sleep helps slow down aging and protects us from diseases.