

5 Things

you can do right now as part of your wellness routine

1. Be Present

List things in your life you appreciate right now. Write down why they are important to you. Treasure those things...they are gifts.

2. Lighten a Favorite Recipe

Whip up a healthy version of an old favorite. Try using "light" or "non-fat" ingredients, and less sugars or alternative sweetener, such as agave or stevia.

3. Get Checked for Diabetes

November is Diabetes month. Diabetes can lead to serious complications such as heart disease, stroke, kidney disease and even blindness.

4. Boost Brain Power

Do a puzzle, play a board game, draw, or learn to define and spell five new words in the dictionary.

5. Clean Out a Closet

The changing seasons are a great time to tackle the closets, storage facility, or garage. Organize just one closet in your home. You will feel less stressed and a lot lighter.