

# 5 Things

## you can do right now as part of your wellness routine

1. **Have a Tea Party** Invite friends or kids from the local neighborhood. Let them help you prepare the tea cakes, scones, little sandwiches and of course, the tea.
2. **Spring Clean Your Medicine Cabinet** Gather all prescription medications, and put them in a bag. Review the medicines with your health care provider to make sure you still need them and to see if there are new alternatives available.
3. **Stop Slouching** We spend hours at our computers, crunching our heads on the phone, slouching as we text. May is national Correct Posture Month. Straighten up!
4. **Try Quinoa** A good source of dietary fiber and high in protein, quinoa is gluten-free and easy to digest. Quinoa is also one of only a few plants that yield a complete protein with all the essential amino acids. It is a great alternative to rice or couscous.
5. **Calculate your Ecological Footprint** Find out just how green your lifestyle is by visiting [lowimpactliving.com](http://lowimpactliving.com). The "impact calculator" will get you started, but the Web site is filled with important energy information and great conservation tips.