

5 Things you can do right now as part of your wellness routine

1. Eliminate Fear

Take baby steps. Open up and talk to someone you trust. Get help. Change your attitude. Then...*face your fear!*

Find a Great Pumpkin

Pumpkin is rich in carotenoids (which boost the immune system), beta-carotene (a powerful antioxidant) and alpha-carotene, believed to slow aging and prevent eye disease. This festive, fall fruit is also high in fiber, potassium and zinc.

Check Your Cholesterol

High blood cholesterol affects more than 65 million Americans. Get checked today.

Compromise

Can't do a full workout? Do half. Know you are right, but want to eliminate the tension? Give in. Hot topic for discussion? Call a truce. Sometimes compromise is the best thing for body, mind and soul.

Wash Your hands

This is one of the best ways to keep from getting sick. An alcohol-based sanitizer can help reduce germs as well.

