

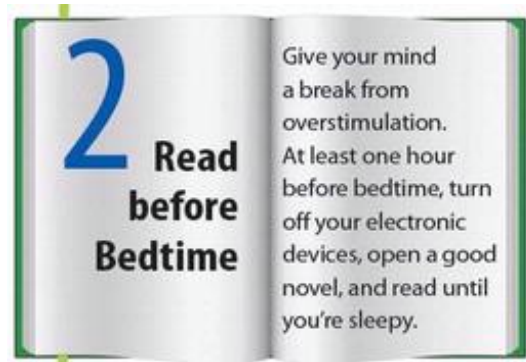
## 5 Things

you can do right now as part of your wellness routine



### Notice Nature

Take a moment to look at the sky, the clouds, the incredible mountains...even the smallest desert wildflowers in this beautiful Valley.



### Read Before Bedtime

Give your mind a break from overstimulation. At least one hour before bedtime, turn off your electronic devices, open a good novel and read until you're sleepy.



### Make up a Short Children's Story

Reactivate your imagination and create a short tale to tell your children or grandchildren or a neighbor's child. Gestures and raised eyebrows will add to the fun.

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### Get Your Eyes Checked

Don't miss out on the details in life. Make an appointment to have your eyes checked. If you're over 40, consider reading glasses, too.



### Try a New Vegetable

Ever wonder about the orange beets in the produce section? Expand your palate and take home a new vegetable or two. You might be pleasantly surprised.

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