

5 Things You Can Do Right Now

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



Capture a smile.

Whether it's a formal photo or a fun, candid shot, photos of friends and family are treasured memories that will bring a smile to your face. Update your collection often!

Free yourself.

Choose one day to be media free — no television, radio or Internet. You may be surprised what you will accomplish with fewer distractions.

It's cool at the mall.

Stay active and cool during the hot summer months by walking laps inside your local mall. Bring your walking shoes – not your credit card – and maintain a brisk pace.

Schedule an eye exam.

Your optometrist will check for signs of glaucoma, hypertension, diabetes and other conditions that can affect your sight.

Enjoy a cold beverage with benefits.

Antioxidant-packed white and green teas make for a perfect summertime refresher and a good substitute for sodas.

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