

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



### 1. Browse Your Photo Albums

Spend some time flipping through some old photo albums or an electronic tablet and take a trip down memory lane. You may find yourself smiling often.

### 2. Plan and Plant an Herb Garden

Liven up your morning omelette or evening soup with fresh, home-grown herbs. Plant newly discovered herbs as well as old favorites.

### 3. Time to Stretch

Touch your toes, your calves or your knees — whatever you can reach — and enjoy a slow, gentle stretch. Long, deep breaths will complement your efforts.

### 4. Replace Your Toothbrush

The American Dental Association® recommends switching to a new toothbrush every three to four months or sooner if bristles become frayed.

### 5. Change Your Hairstyle

Surprise yourself (and your hairdresser) and ask for something fun and slightly daring.

HealthNotes is a publication of Eisenhower Medical Center · © Copyright 2015 All Rights Reserved · [www.emc.org](http://www.emc.org)