

# 5 Things You Can Do Right Now As Part Of Your Wellness Routine



## 1. Visit an Art Gallery

Give your eyes and your mind something new to absorb. Visit local art galleries often, inquire about upcoming exhibitions and broaden your knowledge about art.

## 2. Go to the Beach

Plan a weekend outing to your favorite sandy shore, enjoy long walks and be sure to get your feet (or entire body) wet!

## 3. Tame Your Clutter

Make time each week to sort through paperwork — filing, shredding, and recycling. You may feel less scattered and more peaceful.

## 4. Carry Reusable Grocery Bags

Help yourself and the environment by carrying reusable grocery bags on all shopping excursions. Some stores offer sturdy bags for 99 cents!

## 5. Eat More Fiber

Eat both soluble and insoluble fiber daily. Fiber intake for men should average between 30 and 38 grams; for women, 21 to 25 grams daily.