



Tip 1: Think positive thoughts for the future. Leave "yesterday" in the past. Look forward without setting impossible goals.

Tip 2: Serve yourself half the amount you usually eat if you tend to eat whatever is in front of you. Make less food look like more by using smaller plates.

Tip 3: Walking is so much more than a means of getting from Point A to Point B. It's a simple physical activity that can boost your heart health and help you live longer.

Weekly Exercise: Yes/No/Maybe Neck



Exercise Instructions:

- 1.) Either standing or sitting, gaze straight ahead, eyes on the horizon.
- 2.) Begin by slowly nodding head up and down.
- 3.) Then slowly rotate head as far left then as far right as possible.
- 4.) Place hands on back of head (Down) or chin (Up), one hand on right side (Left tilt) or one hand on left side (Right tilt) for one second per rep to increase range of motion.
- 5.) Repeat 5 times on each side.

**For more wellness tips and activities, visit <http://livewellshinebright.methodisthealthsystem.org>*