

WELLNESS THIS AND THAT...

4 Moves to Feeling Happier

Reach Out to Improve Gratitude- write a letter or email to someone who has supported you or gone out of their way for you and let them know it mattered.

Engage in a Joint Effort- surround yourself with uplifting people, Enthusiasm can be contagious.

Allow Doors to Open- Looking on the bright side opens you to possibilities and an optimistic outlook.

Dig Deeper- read, journal, research...fostering curiosity promotes a sense of self and belonging.

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<p style="text-align: center;"><b><u>Best Belly Flattening</u></b></p> <p><b><u>Strategies</u></b></p> <ol style="list-style-type: none"><li>1. Make protein a priority</li><li>2. Reduce sugar...a lot</li><li>3. Kick up your cardio</li><li>4. Tone major muscle groups 2-3x weekly</li><li>5. Limit libations</li><li>6. Wipe out wheat</li><li>7. Get plenty of sleep</li></ol>
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LIVE WELL TO AGE WELL...

Genes inherited from your parents influence the way your body ages, although some other factors can impact the aging process. "Stress, environment, nutrition, lifestyle and immunity play an additional role," says Tom Kirkwood, director of the Institute for Aging and Health. The good news? According to the National Institute of Health, some of the most essential factors to aging well are within your control. To prolong your youth, make an effort to maintain a target blood pressure, lower your cholesterol, maintain a healthy weight, exercise regularly, drink alcohol in moderation, and avoid smoking.

**AQUA FITNESS BEGINNING MAY 6<sup>TH</sup>**

Schedule Will Remain the Same as Last Year Mondays, Tuesdays, and Thursdays at 9:30 aT Cypresswood resident 6\$....all others 7\$