

Happy, healthy, & productive mind, body & spirit:

Six days a week,

Adequate sleep hygiene:

Go to bed early & wake up early

Get going

Have a daily goal of accomplishing something as the product of **disciplined work**

Good nutrition:

Always eat breakfast. Balanced diet. Avoid sugar, artificial sweeteners. Lean towards organic. Do not overeat, or eat for any reason when not hungry, except for breakfast. Know the difference between a snack & a treat. No binging or fads. Frequent Family Dinners are a must!

Exercise:

Get going: at least 40 minutes, 6 days a week. Use stairs, not elevator. Aerobics, endurance, flexibility, strength, agility, coordination, breathing, sports, etc.

Recreation/Fun

Do something (not TV!) you enjoy, for at least a brief period each day. Avoid passively “entertaining” yourself out of boredom. Pursue activities that require you to be on your feet. Play Scrabble with your entire family monthly or more.

Get outdoors. As much as you can.

Avoid screens: TV, computers, video games.

Sit in front of a screen as seldom as possible. Don't make excuses; step away.

Plan ahead, give yourself time; don't overbook.

Plan ahead. Have the time to do things right the first time. Avoid grinding your friends, family & others with your hurry. Slow down!

Socialization

Reach out and interact with people every day. Don't be a grump. Be nice; force yourself.

Charity & Kindness

Every day, without hesitation.

** One day a week, start & end with thanks for all your blessings and then take the rest of the day off. Enjoy the simple things & activities in life; everything else is illusion.

p.s.: wash your hands & brush your teeth.

Thanks, James Weidman, MD. FAAP