



MEDICAL AESTHETICS

— BY DONNA —

FACE AND BODY REJUVENATION

Healthy Living Tips

1. Start your day with warm water and lemon. This improves digestion, skin texture and stimulates weight loss.
2. Adequate Hydration. Drink at least eight - 8 oz. glasses of water a day. Water regulates body temperature, eliminates toxins, and supplies oxygenated blood. This allows your body to function properly.
3. Be active daily. 30 minutes a day is best, but aim for a minimum of 10 minutes a day. This will improve calorie burning, mood, energy, and will also regulate sleeping patterns.
4. Eat a colorful rainbow of fruits and vegetables a day. These will ensure a variety of nutrients and vitamins.
5. Eat balanced meals and snacks. Protein, fat, and carbohydrates will promote stable blood sugar and fat burning.
6. Add Fiber to your diet. Along with adequate fluid intake, fiber will improve digestion, reduce the risk of obesity, heart disease, and diabetes.
7. Adequate sleep. Most adults need 7-9 hours a sleep a night. This will increase your concentration, self-control, energy, and mood.
8. Be thankful. Think of one thing each day you are thankful for. This will improve your overall positive thinking.
9. Take 5-10 minutes a day to be happy. Listen to your favorite music, dance, smile, laugh, socialize with friends or pets, or look at nature. Being in a positive place will increase your overall quality of life.
10. Quiet time. Take a few minutes to be quiet daily. Meditate, be still, and reflect. This will lead to a place of peacefulness, balance, and grounding.

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