



fit TIPS

GOOD LITTLE IDEAS FOR BIG RESULTS

Good health is ... everything. Being healthy really begins with a good attitude. And realizing that good health can come from lots of little things.

At Kaiser Permanente, we understand that the pursuit of healthiness is a highly individual thing. And that's why we support our members in a variety of ways, through every phase of their lives. Here are a few little suggestions to help you live well, live long, and thrive.

Learn more at kp.org.



Good health is ... acting smart with sweets. How about a craving that doesn't necessarily leave you feeling guilty? Studies have found that dark chocolate may help keep high blood pressure down, your blood flowing, and your heart healthy. Still, we recommend small bites.



Good health is ... bending not breaking. Sitting or standing for long periods of time can take a toll on your muscles and your mood. Try simple office stretches throughout the day to ease common stiffness and boost your energy.



Good health is ... laughing out loud. Is laughter the best medicine? And is it contagious? Maybe it's both. Recent medical research has shown that laughter can boost your immune system and reduce tension, stress, anxiety, irritation, anger, and depression.



Good health is ... spring-cleaning your mind. Find balance within by beginning or ending your day with a 5-minute meditation. It'll clear your mind and help you escape the hustle and bustle.



Good health is ... getting your ZZZs. We all need our ZZZs. Lack of sleep can result in poor mental and emotional health, low energy, and even weight gain. To avoid restless nights, foster healthy habits like staying away from alcohol, nictotine, or caffeine before bedtime.



Good health is ... taking one more step at a time. They say every journey begins with a single step. Well, imagine what 10,000 steps can bring you. Start by using a pedometer to see how many steps you take in a typical day. Try to add 1,000 steps each day until you get to 10,000, or whatever goal you set.



Good health is ... arming yourself against the flu. Achooo! Odds are at one point you've caught the flu. Usually plenty of liquids, rest, and maybe some chicken soup will put you back on your feet. But sometimes the flu can be severe. The single best way to avoid the flu is getting a flu shot each fall.