

Discovering Wellness

Issue: February 2020
Created By:
Angelina Santoro

Important Dates:

- February 2nd - Groundhog Day
- February 4th - World Cancer Day
- February 7th - National Wear Red Day
- February 14th - Valentines Day
- February 17th - Presidents Day
- National American Heart Month

10 Heart Healthy Tips!



- 1) Stay active
- 2) Stop smoking
- 3) Reduce salt intake
- 4) Reduce stress
- 5) Keep your weight under control
- 6) Know your cholesterol levels
- 7) Know your blood sugar levels
- 8) Know your blood pressure
- 9) Limit your intake of red meat, sugar and unhealthy fats
- 10) See your doctor regularly

One more for a happy heart!

- 11) SMILE :)



- 1) Helps You Eat Less** - Broccoli slows down your digestion and is filled with fiber which in turn allows you to stay full for a longer duration of time.
- 2) Fights Disease Related to Obesity** - Studies show that vitamin C has scientifically proven to help prevent vascular disease in conjunction with obese people. Broccoli holds a very high amount of Vitamin C - more than oranges, bananas and strawberries.
- 3) Helps Achieve Quicker Recovery** - Vitamin C has also proven to help with the recovery process after exercise. Scientifically proven, eating broccoli will allow you to recover more efficiently.
- 4) Fights Cancer** - Adopting healthy eating habits, especially one including broccoli has been proven to help fight cancer within the lungs or stomach.
- 5) Destroys Inflammation** - Almost all vegetables help fight inflammation, broccoli is a strong candidate in this instance. Broccoli contains sulforaphane, this acts as a very effective anti-inflammatory agent.
- 6) Good for a Detox Diet** - Broccoli contains: Glucoraphanin, Gluconasturtiin and Glucobrassicin, these are all responsible for detoxification in your body!



Membership Spotlight!

The best way to establish a healthier lifestyle is through the spirit, mind and body.

Spirit

- Go for a walk, the beach is always open!
- Tell a joke, even bad jokes are funny
- Try something new, take a class, go out dancing, cook something random out of a cook book
- Remember that life is great, you can choose to enjoy it everyday

Mind

- Exercise, nobody has ever regretted exercising
- Call that old friend you have been meaning to call
- Go on a hike
- Set high goals for yourself both personally and professionally

Body

- Stretch, do it in bed, do it at work, do it all the time
- Lift weights, strong body and a strong mind always work together
- Don't eat after 7pm, just pour a glass of water and go to bed
- Establish a routine! You know what you need to do, so make a plan and stick to it.



It takes 21 days to create a habit, it doesn't take much and you can do it! Be intentional about being positive (your attitude is the only thing that you truly control)

Benefits of Eating Broccoli Everyday!



Disclaimer: You may bloat while first starting to eat broccoli! This is due to the fiber! As your body gets used to the fiber the bloating WILL go down, eventually to none at all!

