

Wellness for the Ages

**22 SMALL
DAILY HABITS
THAT WILL
YIELD BIG
RESULTS**

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**Success is the sum of
small efforts repeated
day in and day out.
--Robert Collier**

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I'm not telling you to start

doing all of these things TODAY. In fact, I encourage you to incorporate just ONE habit at a time. Choose the easiest one--the one that you KNOW you can successfully integrate into your day. Once it's well established into your routine, you can pick another to tackle!

And, so on.

Any and all of them will contribute to better health!

IN NO PARTICULAR ORDER...

1. Use a tongue scraper

Tongue scraping helps with bad breath, helps prevent cavities, boosts your microbiome (which can make your gut healthier) and fights off candida!

Tongue scraper example [HERE](#)

2. Floss your teeth

Flossing reaches all the places your toothbrush can't! Flossing can actually prevent dementia & heart disease, reduce inflammation, and boost immunity and fertility!

3. Oil pull

Swish (high quality) coconut, sesame, or olive oil in your mouth for 3-4 minutes (if not daily, just a few times a week will do). This practice can reduce the risk of gingivitis, may prevent and reverse cavities, and can fix bad breath!

4. Sweat!

Via exercise, sauna use, or a luxurious hot bath! By sweating, we filter toxins out of the body, which helps optimize bodily function and boost immunity!

5. Dry brush

Dry brushing the skin on your body can help unclog pores, exfoliate dead skin cells, and aid detoxification by promoting circulation and lymphatic flow/drainage. Unclogging your pores will make it easier for the body to sweat and excrete toxins.

Drybrush example [HERE](#)

6. Take cold showers

Cold showers can improve circulation, boost immunity, promote stable energy throughout the day, improve mood, increase metabolism, and more! Even just a 30 second blast of cold water at the end of your regular hot shower will yield benefits (if done consistently)!

7. Get natural light exposure in the AM

Exposing your eyes to natural light first thing in the morning (before 10am) helps regulate your circadian rhythm (specifically regulation of hormones cortisol and melatonin), resulting in better, easier sleep.

8. Spend 20-30 minutes outside

Spending time outside every day has been linked to lowered stress and blood pressure, as well as improved concentration and mood. Responsible sunlight exposure is important for vitamin D production. Bonus points for "grounding" by getting your bare feet in the grass, sand, or dirt!

9. Eat a savory breakfast

A balanced, savory breakfast is key for setting yourself up for balanced blood sugar throughout the day. Managing your blood sugar will help keep your mood and energy stable throughout the day.

10. Relax before you eat

Sit down for your meals and take 3-5 slow, deep breaths before consuming your food. Eating in a relaxed state, free from screens or other distractions, will improve overall digestion and nutrient absorption.

11. Take a 10-minute walk after meals

Just a quick 10 minutes of movement will aid GI motility and digestion and help prevent blood sugar spikes from starchy foods or sugar.

Note: All 3 of these habits can help with weight management.

12. Walk for 30 minutes (total)

Walking is hugely beneficial for your joints, circulation, digestion, and more. Plus, research proves that moderate exercise of at least 150 minutes/week is optimal for brain health. That's 30 minutes, 5 days/week. If you walk for 10 minutes after breakfast, lunch, and dinner, you're nailing habits #7, #8, #11 and #12!

13. Stretch for 5 minutes

Stretching regularly maintains joint range of motion and flexibility, improves blood circulation, relieves muscle tension and improves posture. Stretching is particularly important for those with sedentary jobs/lifestyles. Stretch for 5 minutes upon waking, or take 1-minute stretch breaks throughout the day. Whatever works best for you!

14. Meditate for 1 minute

Sure, a little longer is better, but just 1 minute of meditation per day can make a difference! Meditation improves patience, self-awareness, reduces negative emotions, improves stress response and helps connect to the present. Set a timer and close your eyes for 1 minute. Focus on your breath or repeat a mantra, like "I am/Here now" on your inhale/exhale. Tip: Perform 1 minute of meditation before each meal to get into a relaxed state. That's two habits with one stone!

15. Drink more water

Some experts say to drink half your weight in oz. of water/day. If that sounds like a lot, start by adding one extra glass to what you drink now. Proper hydration is key for organ function, temperature regulation, GI motility, sleep quality, cognition, mood and skin health. Get a reusable water bottle you love and take it everywhere. Add fresh fruit for flavor, if needed. Herbal tea counts, too!

16. Drink 20-24oz. of water upon waking

First, this will help meet your daily water intake goal. Second, we are most dehydrated upon waking after a full night of fasting and losing fluids through sweat. A tall glass first thing can replenish your energy to start the day. Put some water on your night stand when you go to bed, so it's ready for you in the AM!

17. Remineralize your water

Especially if you drink a ton of plain water, or you sweat a lot. Minerals are the foundation of things like hormone regulation and metabolism. Throw in a pinch of sea salt (I like mineral-rich brand Redmond) for better hydration and mineral replenishment. Or, you can add powdered electrolytes--skip the sugary colored drinks like Gatorade, though! Electrolytes can even help curb cravings.

18. Eat more protein

The recommendation is 0.8g/kg of body weight, which I (and many experts) feel is too low. Aim for 0.8 to 1g/lb of body weight (or ideal body weight if you're heavier than you'd like to be). Protein is essential for satiety, gut health, metabolism, maintenance of bone health--the list goes on. And, we require more as we age to maintain strength and musculature. Aim for at **AT LEAST 30grams/meal**. If you're far from that now, increase slowly.

19. Add a vegetable to every meal

Try to add a non-starchy vegetable to every meal, especially to those that are carbohydrate heavy. Even better, **START** your meal with the veggies. The fiber will slow down the breakdown of food into glucose and reduce blood sugar spikes. Your veg could be pickles, olives, or even some chunky salsa! (Note: This habit is less important if you are recovering from disordered eating.)

20. Get extra steps by parking far away

This is an oldie, but a goodie, especially for those living in suburban or rural areas where driving trumps walking--or if you're just *WAY* too busy to work regular walks into your schedule. The extra steps across the parking lot seem negligible, but they add up and can easily contribute to your daily walking total.

21. Elevate your legs at night

Lie on your floor or bed and stick your legs up the wall, or use a tall stack of pillows to elevate them above heart level for 15 minutes. This is especially useful if you spend a lot of time on your feet during the day. The elevation will help promote blood flow, reduce pressure in your veins, and reduce pain and inflammation. Give your ankles a few rolls or flex/point your toes from the ankles for even more circulatory benefits.

22. Practice positive self-talk

Every cell in our bodies is privy to the internal conversation we have with ourselves. It sounds bogus, but it's true. Negative thoughts beget negative results-mental and physical. Speak kindly to yourself, and do it often. Make objective statements about the things you like about yourself, or come up with positive affirmations about health, wealth, and happiness. Write them on post-its and stick them around your home or workspace. Write them in a journal. Say them aloud to yourself in the mirror. Speak encouraging words to yourself the way you would to a beloved friend or family member.

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Aside from the cost of a tongue scraper, dry brush, and the cost of food for the nutrition recommendations--all of these habits can be done at NO COST.

When implementing a new habit, it's important to ditch the "all or nothing" mindset. If you miss a day, all is not lost. No need to give up completely. Hop back on the habit as soon as you can and commend yourself for doing so.

Daily is the goal, but just ONE day a week is better than NO days.