

# DR. KEVIN'S *Healthy Lifestyle Plan*

## BEGIN HERE. BEGIN NOW!

You have the power to change your life. In my years as a physician I have witnessed firsthand the powerful impact of lifestyle on overall health. And research supports this. In fact lifestyle factors account for more than half of the equation when it comes to reducing the risk for developing many chronic health conditions. But there is much more to it than that. Living a healthier lifestyle can impact mood, outlook and ability to engage in enjoyable activities, thereby bringing fullness to life. And it does not matter how old you are or what shape you are in now — even small changes, especially in activity levels will have a real impact on overall well being. Try following these six simple tips to start changing your life today!



## Dr. Kevin's Daily Checklist...

- Eat a balanced diet rich in Omega 3 Fats — cold water fish, flax seeds and nuts!
- Thirty minutes of moderate aerobic exercise every day...walking is a great way to accomplish this! Swimming, running, biking are great as well.
- Get a good nights' sleep — most people need 7-8 hours per night.
- Keep stress under control — take five minutes to meditate, pray, or participate in yoga, keep a good attitude about your life.
- Remain intellectually stimulated — learn new things, challenge your brain in new ways-Sudoku, cross word puzzles.
- Stay socially engaged! Research shows that staying socially connected has a powerful effect on health and longevity.



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