5 Ways to Reset Your Body

# Move Every Day

I know, I know everyone knows this but most people think of movement as going to the gym. Before you groan and click away…what I am suggesting is find any kind of movement that you enjoy doing and do that on a regular basis. Here are some examples:

* Walk through your neighborhood or local park (if you have a fur kid they really enjoy this type of thing)
* Walk around at the mall (it’s a great way to people watch and it’s climate controlled)
* Dancing (you could take a class, get a dvd, or just do your own thing in living room)
* Tai Chi (great for stress relief, low impact, for pete’s sake 90 + year olds are doing this)
* Yoga (great for stress relief, maintains flexibility, helps clear the mind, improves mental focus)
* Play with your kids or grand kids (if you don’t have any borrow some or find a kid organization looking for volunteers)

Ok, this was just off the top of my head for low cost ideas, surely there is something that will get you moving just find one or couple of them and do them on a regular basis.

# Stay Hydrated

My fiancée always groans when he complains about being sore or his joints hurting and I always start by asking him how much water have you had today. It is so easy to become dehydrated in our present go-go-go society. We all have a tendency to go for our favorite soda or coffee drink instead of water so we are all in some state of dehydration.

Thirst is not the only indicator of dehydration. The others include:

* Less frequent urination
* Dark colored urine
* Fatigue
* Dizziness
* Confusion
* Anger
* Dry Eyes or Blurred vision
* Muscle Cramps

So next time you start to notice that you’re feeling a little off pick some water first. It may resolve some of the issue.

# Vitamin D

It is a well known fact that we are able to synthesize Vitamin D for the sun as long as we around 15 minutes exposure. Well, those of us in the North East United States get a lot of cold, overcast days during this time of the year. This leads to a lowered Vitamin D level which affects our mood, calcium absorption and can affect estrogen and magnesium levels.

Some signs you may deficient in Vitamin D include:

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| --- | --- |
| Getting sick or infections more often | Fatigue |
| Painful bones and back | Depressed mood |
| Impaired wound healing | Hair loss |
| Muscle Pain |  |

* Vitamin D has the greatest potential among all the vitamins to cause toxicity. Please consult with your health care provider to determine what the correct level is for you.

# Get Enough Good Quality Sleep

Any kind of disruption to your sleep pattern can wreak havoc on your mental and physical being. Not to mention put you at increased risk of depression, chronic fatigue syndrome, and fibromyalgia plus numerous other health concerns.

Sleep is so important to your general wellbeing because that is the time when your body repairs itself. It is able to focus on tissue and liver regeneration, muscle building, breaking down fat stores, normalizing blood sugar levels, removes free radicals from your brain and a whole bunch of other great stuff but I think you get the picture.

The amount of sleep that a person requires varies from person to person and also by what stage of life you’re in. The general guideline is for an adult is 7 – 8 hours a night.

# Eliminate Processed Sugar

Again I know, it’s sooo much easier to grab a candy bar out of the machine at work than pack a snack, or resisting the break room snacks that someone brought in. I’m not saying to never partake in birthday cake or cookies, etc. I’m just saying be smart about it. If it’s someone’s birthday in the office have a piece of cake, enjoy it, just don’t do it every day.

Put a snack in your lunch, something like trail mix, that has some healthy fats (nuts, seeds, etc) and a little bit of sweet (dried fruit, some dark chocolate, etc) that way you are still getting a snack but it’s actually going help you fair better than your co worker who just ate a candy bar and triple large big gulp.