

TIP OF THE MONTH – JANUARY 2015

HEALTH TIP

One of the most effective ways to protect ourselves and others from illness is good personal hygiene. Some good hygiene habits include:

- ✓ Washing hands | This is the most basic and the most widely suggested hygienic habit. Washing hands with soap and water thoroughly for at least 15 seconds greatly prevents the spread of germs.
- ✓ Trimming your nails | Long nails can harbor bacteria and yeast. Keeping your nails short will reduce the amount of bacteria your nails can harbor. Make sure to pay special attention to cleaning under your nails when washing your hands.
- ✓ Dental Hygiene | Daily brushing and flossing can prevent bad breath, gum disease and even heart disease! The same bacteria that cause gum disease are linked to heart disease.
- ✓ Bathing | Showering is part of a daily routine primarily to promote cleanliness and prevent odor, disease and infection. Most cultures encourage a daily personal hygiene regimen. Showering is also a very relaxing, therapeutic activity. To prevent body odor during the day, you can use deodorant or an antiperspirant which also helps eliminate wetness from sweat.
- ✓ Sleeping | It is recommended that adults sleep 8 to 10 hours per night. Sleep deprivation can lower your immunity and leave you more susceptible to illnesses. In addition, do not do work while you are in bed. This can make getting to sleep a bit harder. Your bed should be for sleeping, not for eating, reading, writing or playing on the computer. Separating these will make getting to sleep and staying asleep easier.

Practicing good hygiene has physical as well as emotional benefits. Having good personal hygiene makes you feel good about yourself and gives you confidence. People who have poor hygiene, disheveled hair and clothes, bad breath and body odor are often seen as unhealthy and may be treated differently by others.

FITNESS TIP

Set Realistic Fitness Goals | At the beginning of the year, we tend to go overboard with our resolutions, causing many of them to dissipate by the end of January! The trick is to set goals you can achieve. If you have never done an exercise routine before, starting slow with 20 minutes of walking at a slow pace is a good start. Once that becomes easier, go for a longer amount of time. Then move on to a faster pace.

By setting realistic goals at the beginning of the year, we are more likely to stick with the overall goal and see some results, inside and out!