

# SEVEN WAYS TO SAVE YOUR HEALTH



For many women, it is surprising to learn that small changes in your everyday habits can reduce your risk of diseases and other health related problems. Here are some of the best moves you can make.

Don't look now, but your body is conspiring against you. Every time you've ever stressed over work issues, skipped out on needed exercise or simply pushed your vegetables to the side of the plate, your body has been busy remembering and making you pay for it ever since. Hypertension, adult-onset diabetes, cancer, heart disease and most other major diseases are more the result of how you have treated yourself in the past than genetics.

Neglecting seemingly small things in your lifestyle can have a cumulative effect that usually doesn't show itself until serious damage has been done. Taking the critical steps that can change your life for the better does not have to mean a lot of change and sacrifice. If you are ready to change your life for the better, these easy-to-follow tips can get you started.

## 1. GET ONE MORE HOUR OF SLEEP.

The average woman needs eight and a half to nine hours of sleep, but typically gets only six to seven. That one- to two-hour loss can have worse effects than just a set of saggy eyes. Studies have suggested that sleep deprivation can affect every aspect of how the body functions, from the ability to memorize and logically reason, to the repair of neurons and development of muscle. Finding time for an extra hour or two of sleep a day can decrease your risk of being affected.



## 2. DRINK THREE MORE GLASSES OF WATER A DAY.

By the time you get thirsty, your body is already about 2% low on water. Losing just 1% - 2% of your body weight in fluid can lower your physical and mental performance by up to 20%. This syndrome, known as chronic mild dehydration, can negatively affect every function of the body. All biomechanical connections throughout the body either occur in water or use water as a conduit. If you are not well-hydrated, complex bodily functions such as joint lubrication, digestion and cellular reproduction are affected.

The minimum amount of water every woman *should* be drinking is nine glasses a day (roughly 72 ounces). Yet most women only accumulate around five to six glasses. Adding just 24 extra ounces each day (three glasses) can correct this.



## 3. EAT MORE FRESH FRUITS AND VEGETABLES

The American Dietetic Association recommends, five fruits and vegetables in the diet each day. Packed with fiber, vitamins, and anti-oxidative phytochemicals, fruits and vegetables can make a profound difference in decreasing your risk of obesity, certain types of cancer, gastrointestinal problems, and a host of other diseases.



To incorporate more garden fresh items into your diet, try sneaking veggies into your morning meals. To boost your daily intake as much as 33%, add spinach and mushrooms to your breakfast omelet, put a slice of tomato on your toast and drink a glass of carrot juice. Fruits and vegetables are easily incorporated into snacks, try carrot, celery or sliced peppers with your favorite reduced-fat dip or cream cheese. Replace your afternoon coffee or soda with V8 or a glass of 100% fruit juice.

#### 4. ADD RESISTANCE EXERCISE TO YOUR REGULAR ROUTINE.

By age 25, a sedentary lifestyle begins to take its toll. The average sedentary woman's metabolism begins to slow down in her late 20s to early 30s, due to a loss of about one-half to one pound of muscle every year. Since muscle burns more calories than fat, this translates into a slowed metabolism, which increases body fat.



Incorporating regular exercise can compensate for these changes. The American Heart Association recommends 30 minutes, 5 days per week of cardiovascular exercise. To keep those unwanted pounds off for good, add resistance training into your week. This could consist of light weight training with machines or free weights, or yoga or pilates with exercise bands. Resistance training builds muscle, which burns more calories, thereby, increasing your metabolism.

#### 5. LET GO OF ONE STRESSFUL THING EACH WEEK.

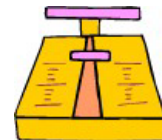
Unrelieved stress affects almost every function of the body, causing insomnia, high blood pressure, constipation, depression, and an assortment of anxiety-driven aches and pains. Left untreated, the long-term effects of stress are much more serious, contributing to heart disease, ulcers, immune-system deficiencies, and hypertension.



Stress and its causes differ with each person. Regardless, prolonged, unrelieved stress can lead to health problems. Taking time out to diffuse stress in your life is vital. Finding an outlet, hobby, or simply taking some quiet time to yourself can lower stress levels, thereby, increase your long term health.

#### 6. LOSE A FEW POUNDS.

If you are overweight, dropping just 5% - 10% of your total body weight can have a profound effect on reducing your chances of many cardiovascular and arterial complications, as well as a variety of weight-induced diseases. Regular exercise and a proper diet that derives less than 30% of its calories from fat can help, and recent studies show that adding fiber and calcium increase weight loss as well.



#### 7. GET A HEALTH EXAM.

Many of the health issues that affect women, as they get older actually start showing up in their late teens and early 20s. Many physical problems such as low back pain, neck pain, headaches and other musculo-skeletal conditions go unchecked until the problem becomes severe enough to affect their every day life.



With new medications, women are able to offset the short-term pain causing more long-term problems. If you are having a physical problem, the first step is to determine the source of the problem. Following proper timelines for annual check-ups and exams can allow for early detection and elimination health hazards.

**NOVA Pain & Rehab Center specializes in helping you implement the **Seven Ways to Save Your Health**. If you or someone you know is having a problem, call us today and schedule an appointment for a consultation and an evaluation. **Call 703-535-8887 to schedule your appointment**. Remember, waiting to see if the problem will resolve on it own could invite a more serious condition. **Get yourself checked out TODAY!****