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CORPORATE PEOPLEMAP™ TRAINING, PERSONAL & BUSINESS COACHING,
INDIVIDUAL & COUPLES PSYCHOTHERAPY

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TIPS FOR HEALTHY LIVING

1. **EAT WHOLE FOODS.** Choose a clean diet plentiful in fruits, vegetables, whole grains and fish.
2. **BE ACTIVE.** A body in motion stays in motion. Keep yours moving if you want to extend your life.
3. **DO SOME HEAVY LIFTING.** Strength training not only keeps us from hunching over as we age, but it also helps prevent osteoporosis.
4. **TOUCH AND BE TOUCHED.** Research shows that babies who aren't touched don't thrive. Adults suffer from the same effect. Book a therapeutic massage, facial or pedicure to revive your thrive!
5. **DEFAULT TO YES.** Longevity experts agree that maintaining social networks is critical as we age. The more activities, groups and classes you are involved with, the better (and longer) your life!
6. **HELP OTHERS.** Volunteering for causes that are important to you—or even just allowing a friend to bend your ear can give you a mental boost and promote a feeling of gratitude.
7. **LIVE IN THE MOMENT.** Experts claim that focusing on the here and now, and taking life one day at a time, helps you to stay present, grounded and calm.
8. **TAKE A MENTAL RETREAT.** Spending just a few minutes imagining a peaceful scene floods your body with feel-good chemicals that reduce stress, boost immunity and promote healing.
9. **BREATHE.** Take a deep breath and exhale anxiety.
10. **THINK POSITIVE.** Our thoughts create our lives, offer a smile to a stranger and watch it grow.

See www.healinglifestyles.com