READY TO MAKE SOME LIFESTYLE CHANGES?

Dr. Zorba Paster has written a book about making lifestyle changes called the "Longevity Code". In it he describes how people can live a "longer, sweeter" life. His formula for living this ideal life includes wellness of the physical, mental, emotional, spiritual and material aspects of life. Anything that happens in one sphere can directly or indirectly affect at least one other area or even one's life as a whole.

What are the "**longevity boosters**" or "**longevity busters**" that contribute to that sweet life or detract from it?

Some examples of **Zorba's boosters** include: maintaining a healthy weight, balancing our diet to include fruits and vegetables, 30 minutes of daily activity, use of sunscreen, safer sex, daily vitamin use, avoidance of excessive alcohol intake and managing debt, anger and anxiety.

Some **Zorba's busters** include little or no physical activity, a diet centered on fried and processed foods, smoking, recreational drug use, excess alcohol intake, not wearing seat belts and ignoring changes in our bodies that produce physical symptoms like shortness of breath or signs of infection.

Think about your own life.
What are your BOOSTERS and BUSTERS?
Make a list of both as you review your answers to the following questions.

Your weight today _____

The number you would like to see on the scale _____

The # of hours of sleep you get most nights _____

The # of times <u>in a day</u> that you get at least 15 minutes of sustained activity (walking, biking, running, lifting weights _____

The # of times <u>in a week</u> that you work up a sweat or feel somewhat winded by at least 10 minutes of sustained activity _____

The # of ounces of water you drink in a day _____

Your daily beverage choices include _____

The # of alcoholic drinks you have in an average week _____

Your usual eating pattern _____
(i.e. skip breakfast, fast food, snacks on the run?)

If you have a desire to make some healthy changes in your life, set-up an appointment with a RN and we can talk about getting started. Call 465-2380 to make an appointment.