

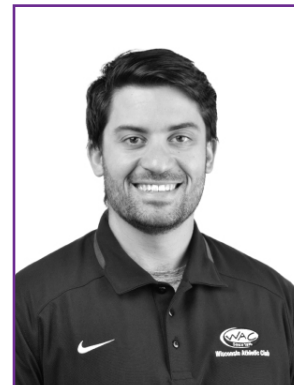
# W.O.W.

WAC ON WELLNESS

## START TAKING STEPS

Here are some simple tips for the Summer that add value, as well as short and long term benefits to your health!

- **Start taking steps toward a healthier lifestyle.** Cranberries are a fruit with multiple health benefits. They are filled full of antioxidants, help prevent Urinary Tract infection, lower bad cholesterol, LDL, and raises good cholesterol, HDL, improves the function of blood vessels, and can protect women from breast cancer. Cranberries/craisins can be a great addition to any summer salad recipe.
- **Start taking steps toward a healthier lifestyle.** Finding time for the recommended 30 minutes of exercise a day can be tough! The key to achieving is making it convenient.
  - Wake up early to walk
  - Make chores count such as doing housework or outdoor work
  - Be active while watching TV, such as doing stretches, crunches or pushups
  - Involve your entire family
  - Doesn't matter how you do it, just get up and move!
- **Start taking steps towards a healthier lifestyle.** Stretching can uplift your mood. A good morning or midday stretch can provide you with a added pick-me-up you may need. Reach above your head as far as you can, pointing your fingertips to the sky then shrug your shoulders up and down next to your ears. Or clasp your hands behind your back and have a good yawn. These movements increase oxygen to the brain and can simulate the body's own feel good hormones called endorphins.
- **Start taking steps towards a healthier lifestyle.** Give your brain a workout. As with any muscle, your brain also needs some exercise. Stretch and stimulate your brain by learning something new each day. This will keep the mind absorbed and attentive and will prevent boredom.
  - Start a new hobby
  - Walk backwards
  - Drive to the store a different way
  - Write with your non-dominant hand
- **Start taking steps towards a healthier lifestyle.** Deep, quiet happiness can come from meditation. It can uplift your mood and reduce stress. Meditation requires you to sit still in a quiet setting which enables you to regulate your breathing and focus on a single item. By doing so, you place your mind in a state of relaxed concentration.
- **Start taking steps towards a healthier lifestyle.** Strive to fill half your plate with colorful fruits and vegetables. By choosing a colorful assortment of fruits and vegetables it provides your body with different antioxidants. These antioxidants promote immunity, reduce your risk of heart and cancer risk, and provide anti-aging benefits such as improved memory and vision. So the next time you go grocery shopping, buy a rainbow!



**BY MICHAEL A. DIBIASI**

WAC Menomonee Falls  
Personal Trainer & Registered Dietician  
mdibiase@thewac.com



**Wisconsin Athletic Club**  
**FIND YOUR FIT.**

[www.thewac.com/wow](http://www.thewac.com/wow)