



**HEALTH AND  
WELLNESS  
INTERNATIONAL**



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## **BE HEALTHY AND STAY WELL - 5 SIMPLE TIPS**

### **STRESS**

One of the most highly researched spaces on how to reduce stress is breathing. Focused breathing is one of the quickest ways to reduce anxiety, stress and shift us into rest and digest.

### **SLEEP HYGIENE**

The quality and quantity of our sleep is essential. It is just as important to our bodies as eating, drinking and breathing. Concentrate on getting a minimum of 7 hours of good quality sleep which will help recovery from mental as well as physical exertion.

### **NUTRITIONAL NEEDS**

Inflammation in the body can leave our systems compromised. This leaves the body open to getting viruses and infections. A great diet of unprocessed, whole foods will reduce inflammation in the gut. Limit alcohol and sugar. Your body will thank you.

### **HYDRATION LEVELS**

We are mainly made of water, and water plays many roles in our bodies. Our water needs change during our life, depending on factors such as age, climate, diet and physical activity. As active adults, our health and performance depend critically on adequate hydration. Even slight dehydration (1% loss of body weight) impairs concentration, short-term memory and alertness. A minimum of 2 litres a day is required.

### **MOVEMENT & EXERCISE**

At this moment and time fresh air in our lungs and Vitamin D for our immune systems is crucial. Get outside as often as possible. Drink in the feeling of fresh air and sun on your skin. A bare neck and arms for a minimum of 10 minutes is essential to take in that important Vitamin D. Listen to the sounds of nature and breathe.