



## 10 Health Commandments

Each and every moment of every day, there are a host of seemingly insignificant things we can do for our body, mind, and soul that can have a big impact on how well we live, and how long we live. Below is a list of 10 things that can give you the edge on being the best you can be.

- 1. Exercise thy body.** There is no need to climb mountains as Moses did, but if you don't use it, you'll lose it. Shoot for 30 minutes of exercise everyday.
- 2. Exercise thy mind.** A sound mind in a sound body. Again, if you don't use it, you lose it. Read. Write. Go back to school. Exchange ideas. Be creative. Be reflective. Learn something new everyday. Share what you learn with others.
- 3. Exercise thy spirit.** Read inspirational and/or spiritual works. Don't be afraid to open and loving. Give – and allow others to give to you. Be sure there is balance in your life: time alone, time with one other person, and time with two or more other people.
- 4. Exercise thy will power.** Examine your habits – the ones you want to develop, and the ones you want to change. Then, set goals make those changes.
- 5. Have a happy heart.** Laugh. Live. Create. Share surprises. Help others find joy and purpose in their lives.
- 6. Play.** Schedule time for pure play, and find ways throughout your day to have fun.
- 7. Eat, drink, and be merry – sensibly.** Eat and drink in moderation. Instead of dieting and depriving, work on portion control and moderation. Give your foods a boost by making them healthier – like adding spinach to your sandwich or using whole wheat products instead of white. Give up smoking.
- 8. Give up guilt, regret, and depression.** Let go of the past, and move on. Decide what is wrong (not who's wrong), and take action.
- 9. Fear not the future.** The best thing about the future is that it comes only one day at a time. The future's not totally in your control, but if you take care of today, most of the future will take care of itself.
- 10. Live now.** Learn from the past, plan for the future, and live in the present. Love others (and yourself) appropriately – now. Look for leaders who are worthy of admiration, and imitate their good qualities. Pursue and preserve healthy relationships – you become like those who surround you.

An optimist sees an opportunity in every calamity. A pessimist sees a calamity in every opportunity.

- from Tracey Brand, RD