

Fundamental Health Practices in a time of Economic Challenge; a top 10 list

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This list reflects 20 years experience in health education and evidence-based nutrition science. Practicing these simple steps will support a healthier immune system, promote positive mental health and reinforce your resilience to deal with today's challenges. Cost is not a barrier. While there are many additional health practices you can do, this list provides a solid foundation. Start here. Be as consistent as possible; be patient; implement the easiest steps first and incorporate the rest over time.

- 1. Stay connected with your family, whoever you consider them to be**
 - Reach out! Be playful, listen, share and respect boundaries
 - *Cost:* free, could require postage or a phone/text service

- 2. Drink more water**
 - This is the #1 health practice you can do for yourself *and it's free.*
 - *Cost:* free, maybe a water filter

- 3. Surrender to more sleep**
 - Sleep deficiency impacts mental agility and increases risk for chronic disease
 - *Cost:* free, may require selective scheduling & realistic expectations

- 4. Cover your nutrition basics**
 - Take a multiple vitamin + mineral daily with food
 - *Cost:* as low as \$10 - \$15 per month; keep it simple and pure

- 5. Get your essential omega-3s**
 - Eat fish 2-3 times/week or take high quality fish oil supplement
 - *Cost:* as low as \$20 per month; quality is the issue; skip the cheap supplements

- 6. Take time for tea**
 - Drink herbal, black, green or white tea, avoid the lure of extra, empty calories
 - *Cost:* as little as \$3 per month; make tea at home and carry in thermos or bottle

- 7. Eat more plant-based foods**
 - Beans, legumes, nuts and seeds are excellent and affordable meat alternatives
 - *Cost:* buy in bulk for best saving; may involve creativity in the kitchen

- 8. Move regularly**
 - Find something and do it; walking, push-ups and lunges are good examples
 - *Cost:* free, maybe shoes, optional gym or pool fee

- 9. Engage in spiritual practice**
 - There are health benefits associated with being connected to your spiritual side
 - *Cost:* free, borrow books from library, may require a little time

- 10. Support Community**
 - Reap the benefits of knowing your neighbors; serve and be served.
 - *Cost:* free; smiles and handshakes