

# 5 Things

you can do right now as part of your wellness routine

**1. Be Present**

List things in your life you appreciate right now. Write down why they are important to you. Treasure those things...they are gifts.

**2. Lighten a Favorite Recipe**

Whip up a healthy version of an old favorite. Try using "light" or "non-fat" ingredients, and less sugars or alternative sweetener, such as agave or stevia.

**3. Get Checked for Diabetes**

November is Diabetes month. Diabetes can lead to serious complications such as heart disease, stroke, kidney disease and even blindness.

**4. Boost Brain Power**

Do a puzzle, play a board game, draw, or learn to define and spell five new words in the dictionary.

**5. Clean Out a Closet**

The changing seasons are a great time to tackle the closets, storage facility, or garage. Organize just one closet in your home. You will feel less stressed and a lot lighter.