

# 5 Things

you can do right now as part of your wellness routine

## 1. **Eliminate Fear**

Take baby steps. Open up and talk to someone you trust. Get help. Change your attitude. Then...*face your fear!*

## 2. **Find a Great Pumpkin**

Pumpkin is rich in carotenoids (which boost the immune system), beta-carotene ( a powerful antioxidant) and alpha-carotene, believed to slow aging and prevent eye disease. This festive, fall fruit is also high in fiber, potassium and zinc.

## 3. **Check Your Cholesterol**

September is National Cholesterol Education Month. High blood cholesterol affects more than 65 million Americans. Get checked today.

## 4. **Compromise**

Can't do a full workout? Do half. Know you are right, but want to eliminate the tension? Give in. Hot topic for discussion? Call a truce. Sometimes compromise is the best thing for body, mind and soul.

## 5. **Wash Your hands**

This one of the best ways to keep from getting sick. An alcohol-based sanitizer can help reduce germs as well.