

# 5 Things

you can do right now as part of your wellness routine

## 1. **Move On**

Whether it is a job, relationship or other situation, the New Year is a good time to reevaluate and move forward.

## 2. **Get Your Fiber**

Over age 50, men need 30 grams and women need 21 grams of fiber daily. Fiber promotes weight loss, and prevents heart disease, Type 2 diabetes, colon cancer, diverticulitis, and obesity. Good sources of fiber include high fiber cereals, beans, brown rice and quinoa.

## 3. **Prevent Blindness**

More than two million Americans age 40 and older suffer from glaucoma. A leading cause of blindness, glaucoma, if caught early, can be treated to help prevent further vision loss. During January, National Glaucoma Awareness Month, visit [preventblindness.org](http://preventblindness.org).

## 4. **Cozy Up**

Take advantage of cooler temperatures. Snuggle up with a book, pet, or someone special.

## 5. **Read the Label**

Be on the lookout for foods with too much saturated fat (a risk factor for heart disease), or sodium (linked to high blood pressure).