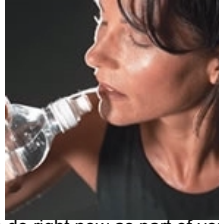


Your Guide To Good Health



5 THINGS you can do right now as part of your wellness routine

1. Hydrate Your Body. Water not only quenches your thirst, it also helps maintain healthy skin, relieve stress, flush your system, aid weight loss and improve overall health. [assets/news/story/CFHLImages/200706/5things-2.jpg](#)
2. Enjoy summer's bounty. Fresh fruits and vegetables are in plentiful supply at local farmers markets and grocers. Vitamin and nutrient-packed, they're colorful, savory and good for you. Indulge! [assets/news/story/CFHLImages/200706/5things-3.jpg](#)
3. Put your best foot forward. See your podiatrist for an annual check-up and get feet in optimum shape for sandal and pedicure season. [assets/news/story/CFHLImages/200706/5things-4.jpg](#)
4. Relax. It's summer. Time to recharge and enjoy the long, sunny days. Just don't forget the sunscreen!



5. Start a walking group. Recruit friends from work or the neighborhood. Start slowly, walking in the cool morning or evening hours. When the going gets tough, you'll be there to help motivate each other.

Photos: Photos.com