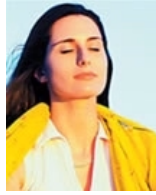


# Your Guide To Good Health : 5 Things

## You can do right now as part of your wellness routine



Close your eyes and breathe deeply and slowly for one minute or more. Whether you do this once or several times a day, it will help you relax and regain your focus.

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[assets/news/story/CFHLImages/200611/wb-2.jpg](#) Eat a piece of fresh fruit daily. Fruit is rich in flavor, fiber and antioxidants. Apples make great travel food — add some raw almonds for a complete, nutritious snack.

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[assets/news/story/CFHLImages/200611/wb-3.jpg](#) Walk briskly for 30 minutes, five times a week. What could be better than a walk in the fresh air? Increase your time slowly, until you're able to enjoy 60 minutes at a good pace.

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[assets/news/story/CFHLImages/200611/wb-4.jpg](#) Schedule your yearly wellness check. Prevention is everything and that includes yearly wellness check-ups. Remember to ask the doctor questions and to be pro-active about your health

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Eat lunch out with a friend. One of the best things we can do for ourselves is to get together and visit with a dear friend. It brings us joy and relieves some of the stress in our lives.