

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



## **1. Browse Your Photo Albums**

Spend some time flipping through some old photo albums or an electronic tablet and take a trip down memory lane. You may find yourself smiling often.

## **2. Plan and Plant an Herb Garden**

Liven up your morning omelette or evening soup with fresh, home-grown herbs. Plant newly discovered herbs as well as old favorites.

## **3. Time to Stretch**

Touch your toes, your calves or your knees — whatever you can reach — and enjoy a slow, gentle stretch. Long, deep breaths will complement your efforts.

## **4. Replace Your Toothbrush**

The American Dental Association® recommends switching to a new toothbrush every three to four months or sooner if bristles become frayed.

## **5. Change Your Hairstyle**

Surprise yourself (and your hairdresser) and ask for something fun and slightly daring.

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