

5 Things

you can do right now as part of your wellness routine



(1) **Breathe, Long and Deep**

Practice long, deep breaths — at home, in your car, at work or anytime. The increased oxygen and slower pace will benefit your body and your mind.

(2) **Find a New Recipe**

Surprise your family and your taste buds — find a new healthy recipe to make for dinner

(3) **Visit Your Local Library**

Plan to spend a couple of hours exploring your favorite book aisles or consider choosing a topic you've never read!

(4) **Walk Daily, Walk Briskly**

Don sturdy shoes, grab a friend and walk, walk, walk. Spend at least 30 minutes a day walking with a jaunty stride.

(5) **Schedule a Colonoscopy**

If you're 50 or older, schedule a colonoscopy as part of your wellness screenings. It could save your life.