

i Immunity



ACTIVITY

Add in some walking today! Even if it is just 5 or 10 minutes, it will have significant effects on your health, your mood, and boosts your immune system! How long of a walk and where did you walk today?

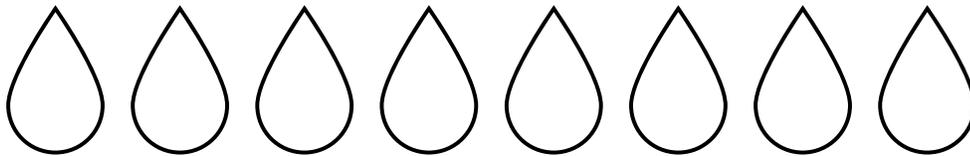
Here is a walking checklist of things to do or consider before starting a walk!

- Warm-up activity – start slowly, do a few warm-up exercises and stretches first. Don't walk immediately after a big meal.
- Build activity slowly – start with a 20-minute walk then increase gradually. Try to walk at least three times per week.
- Use the correct technique – walk at a steady pace, swing your arms freely and stand as straight as you can. Your feet should step in a rolling action from the heel to the toe.
- Shoes and socks – wear thick comfortable cotton socks. Sensible, comfortable and lightweight shoes with support are best.
- Weather – wear suitable warm, light clothing in the winter and cool, comfortable clothes in the summer. Don't forget your sunscreen and hat.
- Water – drink water before and after your walk. Take water with you on your walk, especially in warm weather.
- Cool down – make sure you cool down after a long fast walk. Do a few stretching exercises.

NUTRITION

How much water do you drink each day? What type of water is it?

Track how much water you drink today! Try to get at least 8 glasses of water.
Check off each one as you drink it.



What can you do to make sure you are meeting your water goals each day?

NUTRITION

Keep track of your food today! It will help you to review later on where you could make adjustments and changes.

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	
Water	

SLEEP

Which of the sleep habits are you going to work on today and how will you implement it?

Use this checklist to check your room for sleep readiness!

LIGHTING

- Do the windows keep light out?
- Are electronics completely off during sleep?
- Are lightbulbs in lamps the lowest wattage for the lamp?
- Consider a dimmer switch

BEDDING

- Replace bedding that is older than 7 years
- Is your bed big enough for all who sleep there?
- Consider replacing your mattress if it has signs of wear and tear
- Replace your pillows every six months at least for standard pillows
- Choose fabrics that feel good to you and don't cause itching or overheating

SLEEP

SOUND

- Keep gadgets off while sleeping and on complete silent
- Consider a white noise machine or a fan to help sooth and block out other noises
- Consider setting your bedroom temperature to 65 degrees
- Keep pillows, throws, etc. to a minimum to avoid overheating

MATTRESS

- If your mattress is more than 5-7 years old, consider a replacement
- Get the highest quality mattress you can afford.
- Make sure the mattress size is large enough.

COLORS

- Keep the wall colors calming hues.
- If your room is small, choose lighter colors
- Use bedding to add color instead of the walls

TOUCH

- Choose a rug for your room that is soft and comfortable to your feet
- Compare fillings and weights on your pillow and buy the higher end pillows when possible
- Choose sheets that appeal most to you for their feel and that help to maintain temperature

DÉCOR

- Keep your room free of clutter
- Keep items to items that have meaning for you
- Add plants and fresh flowers to your room

MINDSET

What are some of your short term goals? (Less than 3 months)

Are you on progress to meet those goals? If not, what can you do to either adjust the deadline or help yourself to get back on schedule?

MINDSET

Pick five of the values from the list that you feel that you value the most.

What are some ways you incorporate those values into your every day?
