

[IMAGE]

3 Steps to Better Health

Pillows - Copyright © Stock Photo / Register Mark **Sleep More**

We've become a culture of sleep deprivation rather than rest; there are so many things to do and so little time to do them that we often sacrifice what we need most for good health: sleep. Poor sleep contributes to fatigue and irritability in the short term and is linked to serious health conditions in the long term. So tonight, turn in early and get the sleep your body and mind deserve.

Eat Less

Salad - Copyright © Stock Photo / Register Mark Excess - another cultural staple that wreaks havoc on our bodies and leads to obesity, cardiovascular disease, diabetes and more. Portion control is a major step toward attaining and maintaining a healthy weight, as is eating less overall. Too many of us fall victim to the buffet and "super size" mentality, rather than eating frequent small meals that will fuel your body the right way.

Keep Moving

running shoes - Copyright © Stock Photo / Register Mark With obesity at an all-time high and on the rise, there's no better time to get off the couch and start moving. It's a simple concept: When your body moves, good things happen - increased metabolism, fat loss, better circulation; and when it doesn't move, you're setting the stage for all sorts of negative consequences, including weight gain, various diseases and even cancer.

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