

LIVING HEALTHY



It can be hard to sort through it all to find the best ways to improve your health. Studies show that despite receiving information about it, most people do not focus on the health habits. Here are some ways to live healthy. Avoid tobacco, maintain a healthy weight, eat five servings of

fruits and vegetables each day, and be physically active 30 or more minutes a day at least five times a week. Each of these habits offers significant health benefits.

MEET THE STAFF

Community Manager DeAnna
Leasing: Aldo
Maintenance Azael

SOMEONE ONCE SAID

"It is good to love many things, for therein lies the true strength, and whosoever loves much performs much, and can accomplish much, and what is done in love is well done." - Vincent van Gogh

ESSENTIAL NUTRIENTS FOR HEALTHY BRAINS

A recent study published in the journal *Neurology* indicated that seniors who include more essential nutrients in their diets were less likely to have brain shrinkage associated with Alzheimer's disease and scored better on tests of mental performance. Essential nutrients include omega-3 fatty acids, B and D vitamins, and antioxidants C and E. Omega-3 fatty acids and vitamin D are found in fish, plant, and nut oils. Vitamins B, C, and E are found in fruits and primarily vegetables. The essential nutrient B12 comes from animal products. Talk with your doctor about including more of these nutrients in your diet. To increase your intake, eat a healthy diet rich in fruits, vegetables, and fish.

LOCK UP YOUR VEHICLE

What are the top things that attract car thieves? Unlocked doors, rolled-down windows, a key in the ignition, and valuables in plain sight. To protect yourself, always remember to lock up your vehicle and take your keys with you. Don't leave valuables, bags, purses, or backpacks in view. Take these precautions even if you are just away for a few moments.

HAVE YOU LAUGHED TODAY?

Researchers have found that laughter might just be the best medicine. Laughing reduces stress, lowers blood pressure, and boosts your immune system. It can even improve relationships. Take some moments each day to look at the lighter side of things and your mood and health will benefit.