

10 Steps to Regain Your Health

Wellness Lifestyle – Peter Braglia, D.C.

Pathways #46, page 34



Talking Points

Peter Braglia, DC writes, “If you’re like most Americans, health is the most important aspect of your life that needs improving. Without adequate health and well-being, you can kiss most of your other goals goodbye. Declining health and vitality rob you of the energy you need to achieve your personal or professional goals.” (34)

- It’s important to move our bodies! Braglia encourages us to try to do something four times a week that raises our heart rate for about 30 minutes. Can you think of something that fits into your day to day lifestyle?
- Try to get at least 7 hours of sleep
- Eat less, more often (more vegetables!)
- Get under regular chiropractic care
- Try to take a break every 90 minutes while at work to stand or stretch
- Be present
- Be grateful – write it down if necessary
- Do the most important task first thing in the morning
- Feed our minds
- Give back

Resources

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>