

BE HEALTHY.

LIFE™

FOR

Love Yourself

Embracing Your Passions Through Lifelong Learning

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Often, people think the older they get, the more inactive their lives should be. However, studies prove otherwise. Studies show that seniors who participate in artistic classes are increasing the longevity of their lives and improving their health. Not everyone has the urge to become an artist, but there are other things that older people can do to embrace their life. It's time to seize the moment – it's what a 100-year lifestyle is all about!

Bring Passion Into Your Life

If you've been in hibernation for the last few years, it's time to wake up for the next phase of your life! In order to bring passion back into your life, you need to get excited. Hang around a new and exciting crowd that will release the inner kid in you. Start brainstorming ideas that might inspire you to do something new. You'd be surprised how much your loved ones will support you. You're never too old to learn a new trick or create a new dream. Traveling more, open your own small business, write and publish a book or get more involved with local charities. Whatever it is that excites you, go out and give it a try. The time is now to start making a list of exciting goals that you want to accomplish during your lifetime.

Your Sixth Sense

Most think people have five unique senses that enable us to really enjoy the world in which we live. According to Dr. Eric Plasker, there are six: taste, touch, smell, sound, sight, and intuition. The sharper your five senses are, the more your intuition will thrive. Although you might have never noticed this sixth sense, it has been following you throughout your entire life. A secret centenarian trick is to keep your senses stimulated by spending more time with nature, listening, smelling and seeing every small detail.

How Do You Love Yourself

In order to show that you truly care about yourself, you must keep your body healthy by exercising. Remember that exercise not only keeps your body in shape, but it also helps to create a healthy mind. This is a part of your own personal self-care program. Everyone should create a self-care routine that will enable the body to adapt to stress, resist diseases, and be better balanced to maintain a healthier natural body. While some think that actually coming up with a self-care program takes up too much time, others understand that with a great self-care program in place, they have more energy in their everyday lives.

Good Healthcare in Times of Crisis

Good healthcare is a way to help keep your body and mind in excellent condition. People who take proactive measures by protecting their bodies with an effective healthcare and self-care program are proven to respond better in time of crisis. While disease is not a normal part of our bodies, it does happen. If you maintain a good overall healthcare system, you are taking the steps toward preventing diseases from ever occurring. Chiropractic is Vital to a Good Healthcare System

Research shows that the top 10 leading causes of death can be either put off or prevented all together through *lifestyle* choices. And while you may have one of the top ten in your history, your genes play a much smaller role than you would think. Studies show that 70% of these diseases are due to *lifestyle choices*. Each and every decision you make today can and will impact the quality of your life in the future. By developing great self-care and health-care habits now, your chances of needing crisis care decrease drastically. Give your body some tender love and care with regular chiropractic visits and adjustments. Talk to your chiropractor about how he or she can be an integral part of your health care team and give you the tools for living an incredible life everyday of your life.