

BASIC TIPS FOR CARING FOR GOD'S TEMPLE

We have listed some of our favorite tips to help you make progress in taking care of yourself. As always, if you are under a doctor's care, check with them first.

1 **Get strong, not skinny:** Frailty is not good for us. Do whatever type of exercise that your current condition allows. All movements, weight lifting, and cardio are beneficial.

2 **Cut out the white stuff:** The easiest way to lose weight and improve your health? Ditch the white stuff! Most white foods (bread, pasta, sugar, flour) are primarily made up of refined carbs and empty calories, so cutting them out of your diet is one of the quickest ways to shed pounds and improve your well-being.

There are a few exceptions to the rule, including egg whites, cauliflower, and fish. Those are the only white foods you should have on hand.

3 **Bring on the Broccoli:** Broccoli is the best produce option because it cleanses the liver and helps to fight cancer. To reap the most rewards, I suggest cleaning and slicing cruciferous veggies (like broccoli) five to 10 minutes before cooking, and then steaming or microwaving them (instead of boiling) to help retain the most cancer-fighting compounds.

4 **Get your daily dose of Vitamin D:** New research says that vitamin D may play a crucial role in weight loss by controlling appetite and helping fat cells become more metabolically active. The sunshine vitamin also helps your body better absorb bone-boosting calcium, improves immunity, reduces inflammation, and may even protect against some forms of cancer. Nearly 75 percent of Americans are vitamin-D deficient, so there's a good chance you're not getting your recommended daily dose of 400 IU (some people may need as much as 1000 IU, so check with your doctor to find out what's right for you)

5 **Drink more water:** Drinking water is so imperative for staying healthy, energized, and even losing weight. There are so many reasons to stay hydrated—hunger is often disguised as thirst, it boosts your metabolism, and water is the best energy drink available. To find out exactly how much water you should be drinking, divide your body weight (in pounds) by two and aim to drink that many ounces of water every day.

6 **Trade supplements for Tea:** Drinking all-natural green tea is an excellent way to boost your weight loss and your health. Not only does it have the power to stoke your metabolism, but it also contains the highest concentration of catechins, antioxidants found in plants that have been found to protect against heart disease and even some cancers.

- 7** **Focus on Nutrients: Not calories:** While the amount of calories you consume is crucial for weight loss or trying to gain weight, the quality of your food is often more important (and often ignored). Losing weight isn't all about cutting calories. Your brain is looking for nutrients, not calories, and [your brain] will prod you to eat until you're satisfied.
- 8** **Delay Dessert:** You don't need to completely eliminate dessert, just try not to indulge immediately after dinner. Avoid sweets directly after a meal since sugar disrupts the absorption of nutrients. The best time for a sweet treat is about two hours after you finish your meal. And when it comes to what you eat, try something with dark chocolate.
- 9** **Sleep more to slim down and feel better:** The old saying 'you snooze, you lose' couldn't be more accurate when it comes to shedding pounds. Depriving your body of sleep can speed up the aging process and deter your weight-loss, weight gain, or overall good health efforts.
- 10** **Make breakfast mandatory:** You've heard it before, but it's worth repeating: Breakfast is still the most important meal of the day! Skipping the first meal of the day can increase risk for obesity more than fourfold. If you don't eat right when you wake up, your body senses a famine is coming and slows your metabolism to compensate.

SOME GREAT LINKS:

Calculate your calorie needs

www.calculator.net/calorie-calculator.html

Exercise for Seniors

medlineplus.gov/exerciseforseniors.html

Healthy food guide

Webmd.com/food-recipes/guide/grocery-list#1

Workout tips

webmd.com/fitness-exercise/features/10-workout-secrets-expert-exercise-tips#1