

10 Tips for Everyday Wellness

- **Organize.** Spend 5 minutes organizing your space to reduce stress
- **Snack right.** Choose fruit or veggies instead of processed snacks
- **Let the sun shine.** 30 minutes of daily sunshine supports health & lifts mood
- **Walk.** Take a walk after dinner before you hit the couch
- **Gratitude.** Frustrated? Stop and think of 3 things you're grateful for
- **Breathe deep.** One minute of deep breathing can reduce tension
- **Hydrate.** Drink ten glasses of water a day for health & appetite control
- **Less TV.** Turn the TV off an hour before bed for improved sleep
- **Eat at home.** Home meals are typically smaller, lower in calories, fat, and sodium
- **Come to life.** 20 minutes in your Caldera[®] spa everyday promotes physical and emotional well-being

