

10 ways to reenergize

Tips on how to get back that lost energy.

Brush Those 1 Pearly Whites



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Brush your teeth at work with a flavorful toothpaste like cinnamon, mint, lemon.

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Sleep studies have shown that people who nap just half an hour every day generally have lower blood pressure, have a decreased risk for heart disease, and are more productive and less stressed in their waking hours. For more visit www.happynews.com.

Take that power nap

Have your hair or nails done, either professionally or by a friend, or do it yourself.



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3 Makeover Time

Be-Friend Your Blender 4

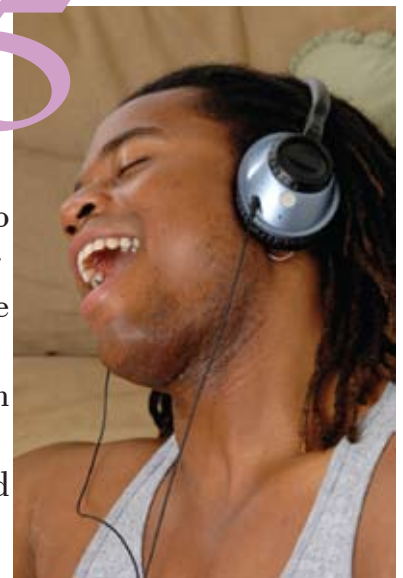


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For optimal nutrition, add herbs and vitamins to a succulent smoothie.

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Sing along to your favorite tunes - you can even get up and dance!



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Sing it Loud



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Pass it on

Explore your generous spirit and share a kindness with another. Reveal in yourself the strength of good will to create genuine change. When you express generosity, positive connections are formed, relations in the community are cultivated, and people are motivated to “pass it on.”

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Adopt a healthy cooking approach for healthy eating habits. Use customary cooking means to prepare food nutritiously.

7



Eat Healthy

Workout Wonders

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Exercise performed routinely aids the immune system and helps prevent heart and cardiovascular disease as well as diabetes and obesity. Exercise also boosts mental health and helps prevent depression.



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Cup-a-Joe and Cocoa

For a quick pick-me-up, refuel with a dose of caffeine or a bit of chocolate. Moderate amounts of chocolate in dark form lower blood pressure and strengthen the immune system. A health advantage from caffeine may reduce the risk of heart disease.

Sweep it Clean

Get organized at home or work - clean out a drawer/closet, accomplish a task. It is a great alternative to exercise and a positive way to burn some energy.



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