

5 Ways To Lower Blood Pressure



GET MORE POTASSIUM

Fruits & veggies with potassium help counter effects of sodium.



EAT LESS SODIUM

Choose low sodium/no salt foods. Rinse canned veggies prior to eating.



DRINK MORE H2O

Drinking more water increases blood volume, which decreases blood sodium levels.



DRINK LESS ALCOHOL

Alcohol removes B vitamins & potassium from the blood, which can increase blood sodium levels.



GET MOVING

Stress increases blood pressure. 20 minutes of exercise daily can reverse blood vessel constriction.

5 Ways to Reduce BMI, Body Fat & Visceral Fat



EXERCISE

Moderate exercise burns fat. (However, be careful, as strenuous exercise causes the body to store it)



EAT VEGGIES

The fiber in raw veggies are filling and help reduce total caloric intake.



DRINK H2O

64 ounces / day is a good goal. Add 8 additional ounces for every 30 minutes of exercise.



SLEEP

Get at least 7 hours of sleep. Studies show that a person overeats by 100 calories for every hour less than 7 hours of sleep.



DON'T EAT AFTER 8PM

All calories consumed after 8pm usually end up as stored fat.

5 Ways to Decrease Caregiver Stress



BREATHE

Take a break, a walk, or a nap.
Do yoga. Meditate. Recharge!



ORGANIZE

Give yourself a day to organize
caregiving-related materials.



EDUCATE YOURSELF

The more you know about eldercare,
the better prepared you are to face
whatever challenges come your way.



ASK FOR HELP

We all need help from time to time.
People typically feel honored when
you ask them for help.



HONOR YOUR FEELINGS

Give yourself permission to feel whatever
it is you're feeling. You are only human and
doing the best you can.

5 Ways to Increase Muscle



LIFT WEIGHTS

or do bodyweight exercises. Hit the gym, take an online exercise class, workout with a friend, or hire a trainer. Strengthening activities 3x's/week for 30 minutes will add muscle and burn fat.



LEAN PROTEIN

Try to include protein in each meal and snack. Keep portions to no more than the size of a fist.



SLEEP

Get plenty of deep sleep to repair the body and build tissue, including muscle.



YOGA

Increase your lean muscle mass with yoga. Can't attend a class? Look online for videos or use an app and hit the mat!



EAT FREQUENT, SMALLER MEALS

Consume 5 small meals containing protein, each day. This can keep metabolism and energy levels high.

5 Ways to Increase Sleep



CUT OUT THE ALCOHOL

While alcohol may help you fall asleep faster, it often causes you to wake up frequently at night.



EXERCISE

Moderate exercise increases the production of serotonin, which elevates mood & improves sleep.



TURN DEVICES OFF

Be device-free 30 minutes before bed. Electronic devices and tv stimulates the brain, making it difficult to fall asleep.



AVOID SPICY FOODS

Spicy foods can upset the stomach & lead to tossing & turning.



KEEP COOL

Cool temperatures help prepare the body for sleep. Keep your bedroom cool.