**A Prescription for a Healthy Lifestyle: *Take Your MEDSS!***

 **M**ove More

 **E**at and Drink Healthy

 **D**on’t Use Tobacco

 **S**leep Well

 **S**tress Less

It is reported that seventy-five to ninety percent of chronic health conditions are caused by unhealthy lifestyle behaviors. We do not move enough. We don’t eat real food and we consume too many sugar-sweetened and alcoholic beverages. Twenty percent of us still use tobacco. Forty percent of us do not get the recommended seven hours of sleep per night. And, more than one fourth of adults say that they have a great deal of stress in their lives. The end result is a lot of overweight people who are sick and tired, and all stressed out. How do we get out of this mess? I have the prescription. It’s called MEDSS and, if taken daily, it’s guaranteed to transform your life.

Here’s how to put it into action:

**Move More** - Make walking part of your daily routine and reduce the amount of time you spend sitting at work and at home. Get a tracking device to count your steps. Set a daily goal and gradually increase it. Instead of sitting at a desk all day, alternate sitting and standing – elevated desk tops or computer stands can be obtained very cheaply. Instead of sitting down and watching TV for extended periods, use commercial breaks to stretch or exercise.

**Eat and Drink Healthy** - Take the time to learn what a nutritious diet should consist of, and then create a healthy grocery list that gives priority to fruits and vegetables. Over time, develop a wholesome recipe book of quick and easy meals. When it comes to beverages, reduce or eliminate sweetened drinks from your diet. If you consume alcohol, limit it to one drink per day. Make water or unsweetened tea your go-to liquid refreshment.

**Do Not Use Tobacco** - Enough said.

**Sleep Well** – Make sleeping seven hours a top priority.

**Stress Less** - Just breathe. Clear your thoughts and focus on breathing in and out for 5 minutes at a time. Every time that a distracting thought enters your mind, observe it and return to a focus on your breathing.

It’s that simple, and it does not cost you time or money. In fact, your improved health and vitality will give you more of both.