



Can Stretching Make You a Better Listener?



Has a co-worker or friend ever told you that you aren't a great listener? Or, maybe you've heard that you tune out of conversations early, missing something important. If that sounds familiar, there's something you might want to try: Stretching.

Stretching develops attunement, which is becoming aware of your own mind and body.

Gentle stretching helps you tune into your own body by making you look, listen, and interpret what it's telling you. It may help you identify your limits, push boundaries safely, and even improve physical and mental health. It's easy to see how this could help you in other aspects of your life!

The more awareness we have over our own bodies, the better we're able to practice attunement in other situations, like listening. Give it a try and let us know how it works for you!

Improving Your Sleep Hygiene

Sleep hygiene is just as important as other personal hygiene habits. Before a big meeting at work, we bet you wouldn't forget to brush your teeth. Or, how about getting ready for that first date? It's likely that you're going to shower. So why is it so hard for many people to practice proper sleep hygiene?

Lack of sleep poses a direct threat to overall wellness. As your partner in health, we wanted to share a few natural tips for getting a better night of rest.

Make sure your room is dark. Too much light at night can hinder the release of the sleep hormone melatonin.

Chill out. Though the perfect room temperature varies, experts say it's best to keep your bedroom between 60 – 72°F (or 15 – 22°C).

Keep it quiet. There's nothing as unpleasant as awaking from a deep sleep due to noise. If you live in a noisy area or have loud roommates, invest in ear plugs or a white noise machine.



Healthy Habits to Help You Live to 100



Did you know that the number of people surpassing the age of 100 increased by more than 40% between 2000 to 2014? According to the Centers for Disease Control and Prevention, making it to a century relies more on lifestyle choices than good genes.

Here are a few healthy habits to incorporate into your daily life now so that you can enjoy a long, happy life.

Manage stress. Things like meditation, breathing exercises, and talking with family or friends can help.

Get a pet. Dogs positively improve certain aspects of longevity, like keeping your heart healthy as they require regular walks.

Maintain a purpose. Retirement doesn't mean sailing off into the sunset. Find a cause you care about and continue to work toward a goal.

Eat healthy. Choose fruits and vegetables, as well as a balanced all-around diet.

Keep moving. *If activity is limited for you, give us a call to learn how gentle, focused adjustments may help.*