



3 Ways to Improve Your Health in Under 5 Minutes



We all want to live healthy, robust lives. In today's fast paced world, it can seem that there just isn't time for it all. But we've got good news—small changes can have a big impact on your health.

Here are three things you can do to improve your wellness quickly that don't take much time at all.

Use the stairs instead of an elevator or lift. You can climb one flight of stairs in less than 30 seconds and it's a great way to increase blood flow.

Add one extra glass of water into your day. Create a goal to drink one additional glass of water each morning as a part of our wake-up routine.

Work on your balance now—your older self will thank you. You can do this by adding balance exercises into your daily routine. How? Start by balancing on one leg at a time for just ten seconds each. Repeat a few times.

Stop Back Pain by Changing Your Habits

It's often said that the little things in life matter most—and we believe it—especially when it comes to back pain.

The choices we make every day can contribute to whether we're feeling good or dealing with problems in our body.

If you're struggling with back pain, give these daily habits a try to see if they help you feel better. If not, we're just a phone call away.

1. Exercise your core. Strong abdominal muscles may help reduce back related injuries.
2. Consume more calcium and vitamin D. Both are connected to osteoporosis prevention.
3. Quit smoking. Nicotine can restrict blood flow throughout the body—even your spine.
4. Get a new pair of shoes. Shoes that are comfortable and have a heel less than one inch are ideal for your back.



Low On Energy? Give This Healthy Snack a Try



Often find yourself in a mid-day slump reaching for another cup of coffee? Instead of surviving on caffeine, give your body something nutritious. While you might expect us to suggest vegetables—which is never a bad choice—we've got something exciting, easy, and sweet that you can try: Banana energy balls.

Packed with healthy fats, fiber, and protein, this treat is sure to be a hit.

Here's how to make it:

- Add the following to a food processor and pulse for 10 seconds: 2 cups rolled oats, ½ cup mashed banana, ½ cup almonds, ½ cup pecans, 1/3 cup maple syrup, 1 teaspoon ground cinnamon, ¼ teaspoon vanilla extract, ¼ teaspoon salt.
- Using clean hands, separate and roll mixture into bite-sized balls.
- Enjoy! This snack can be eaten right away or stored at a cooler temperature for later.