

# Ultiself Overall Health Routine

Good health is essential to your success and happiness. Make health a priority by implementing this key routine.



**Listen to Your Doctor** - Doctors and healthcare professionals base their advice on clinical experience and evidence-based research.

**ACTION** - Go to your Doctor with an open mind and ready to have a productive conversation.



**Stretching** - Joint health and range of motion are crucial to be healthy and lessen the chance of getting injured.

**ACTION** - Stretch every day and release tension in your body.



**Breathing Exercise** - Breathing affects your autonomic nervous system contributing to decrease the amount of cortisol into your body.

**ACTION** - Practice breathing exercises every day for at least 3 minutes.



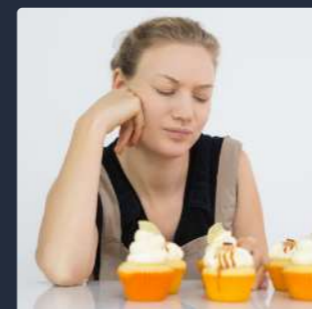
**Socialize** - Sharing with others increases your sense of belonging and purpose and keeps your brain active.

**ACTION** - Go out with friends or family at least 3 times per week.



**Eat Cruciferous Vegetables** - These vegetables contain some substances that will reduce your risk of cancer by 20%.

**ACTION** - Eat 3-5 serving of cruciferous vegetables every day.



**Avoid Sugar** - High sugar consumption is associated with weight gain, chronic obesity, diabetes and heart disease.

**ACTION** - Decrease your consumption of packaged foods, candies, and sodas.



**Avoid Unhealthy Fats** - Trans-fatty acids are linked to weight gain, obesity, diabetes, and coronary artery disease.

**ACTION** - Reduce consumption of foods like butter, cheese and ice cream.