



April 22, 2020

With all the disruption and change everyone is dealing with right now, personal health is more important than ever. We hear about building a strong immune system everyday. Your most essential wealth is good health. As Jim Rohn famously said, "Take care of your body. It's the only place you have to live."

Here are 17 tips to boost your overall personal health:

1. Drink a lot of water - stay hydrated
2. Sleep 7-8 hours uninterrupted
3. Get outside for some fresh air and Vitamin D
4. Laugh and smile more
5. Eat a variety of fruits and vegetables
6. Reduce consumption of processed foods and sugars
7. Write down what you are grateful for
8. Exercise and move your body daily
9. Wash your hands regularly
10. Write your goals down, plan your day
11. Slow your breathing
12. Meditate/pray/reflect
13. Stretch your muscles
14. Check your posture
15. Connect with people you care about
16. Read something inspiring or thought-provoking
17. Think positively about your future

I gathered these 17 tips from a variety of medical articles, blogs, and my own experience. Typically, I send newsletters focused on financial insights, but this felt like a good topic that we can all benefit from. Take care of yourself and stay healthy out there!

As always, we are here for you when you need us.


WEALTH ADVISOR FOR ENTREPRENEURS

****If you aren't yet a Pacific Capital client, we are still happy to speak with you. You may schedule a free 20-30 minute Goals Conversation® with us by visiting www.goalsconversation.com today - no cost or obligation involved. You may also click [HERE](#) for our google reviews.***

