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## **Staying Healthy**

By Eric Monahan

### **Sun Time Fun Time**

Vitamin D is important for muscles in the body. Vitamin D helps nerves carry messages between brain and body. The immune system needs it to fight bacteria and viruses. It is important to get a least 20 minutes of sunshine daily. The rays from the sun can be very damaging to the human body if the correct measures are not taken; like using sunscreen, a wide hat, and glasses to protect the eyes.

### **Water, Water, Water**

Dehydration can cause Muscle cramps, fatigue, dry skin, drowsiness, Irritability, confusion and much more. Staying hydrated makes it easier for the heart to pump blood and not work as hard. Six to eight glasses of water a day should do the trick and leave the heart and body feeling great and ready to go. Water can help cushion and lubricate the joints.

### **Savor the Flavor of Summer**

Having a healthier diet normally looks like eating less processed food and more fresh fruits, vegetables, whole grain, nuts, and fish. Lots of fruits will be coming into season for the summer like watermelon, cherries, blackberries peaches, and many more. Some of the healthier fish is salmon, tuna, pacific cod, and more. Eating healthy will keep everyone healthy. With many recipes online it is very easy to cook things that may not have been accessible in the past.

### **Staying Active**

Engaging in physical activity will help the most with remaining mobile. Remaining active will reduce the risk of heart disease, type 2 diabetes, and some cancers. If it is hard to do some activities, there is always a solution, if joint pain is prevalent there is water aerobics that will be low impact on the joints. Some exercise is better than none. The key is finding activities that bring joy. Exercise is not a one size fits all, and it's best to start slow if no exercise has been

done in a while. If any exercise feels impossible because of pain, exercise will actually reduce pain depending on the type of pain and area that the pain is in.

## **A Good Nights Rest**

Having good sleep habits can go a long way. Not getting enough sleep can bring the feeling of fatigue, irritability, trouble thinking, slowed reaction times, and headaches. It's important for adults to get seven to nine hours of sleep every night. It is important to get both REM sleep and non-REM sleep. Most people know about REM sleep and that this where dreams take place, where people are closest to being awake, and that it helps to store memories. Non-REM sleep however is that deep sleep where the brain activity slows down and helps to feel refreshed in the morning.

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