



A Lifetime of  
**Healthy  
Living**

Tips for Every Generation







## CHILDREN

Habits learned during childhood create a lasting foundation for a healthy and rewarding life. Making the right choices from an early age can help decrease the likelihood of health issues that begin to develop early, such as diabetes, high blood pressure and cardiovascular disease. Living a healthy life also encourages growth and development, improves academic performance and affects how children feel about themselves.

### 1. Talk openly about healthy food.

Encourage your family to choose healthy options like fruits, vegetables, healthy fats and lean meats, while avoiding overly processed, poor-quality foods. Don't place restrictions on food. Doing this can have a negative effect on growth and development and increase the risk of children developing eating disorders later in life.

### 2. Provide colorful fruits and vegetables.

Children will eat what is available to them. Keep fruit and vegetables on the counter to encourage your child to make healthier choices. Children are easily led by example, so choose healthy snacks for yourself.

### 3. Make sure your child gets plenty of sleep.

The amount of sleep your child needs varies by age. Grade school aged children should be getting 9-10 hours per night. Studies show that children typically don't go to bed on time and do not get an adequate amount of sleep. Proper sleep helps children learn, improves their overall mood, and increases their health.

### 4. Make time to play.

Schedule 30 minutes of fun exercises with your kids daily. Make it a routine after school or dinner. Activities like hopscotch or hide-and-seek get your children moving around.

### 5. Turn off the TV.

Offer a variety of other activities. When children explore different ways to exercise their bodies and their minds, they can find things they enjoy and want to continue doing in the future.



## 6. Turn your healthy lifestyle into a family project.

Let your children help make healthy recipes and brainstorm ways to get active together. Shifting your focus from weight watching to healthier lifestyle choices will improve your family's overall health. These lifestyle choices help your child learn healthy skills and behaviors while building their self-esteem.

## 7. Plan at least one family activity per weekend.

These activities can be as simple as a trip to the park or riding bikes to the library.

## 8. Reduce family stress.

Too much stress can cause the body to overproduce cortisol, which increases the appetite and leads to overeating and lowers your immune system. Encourage relaxation as a family for at least 10 minutes a day. Destress by flipping through books and magazines, sitting and talking or taking a short walk. The overall idea is to switch gears, pause and relax.

## 9. Aim for whole family fitness at barbecues, social gatherings and birthday parties.

Planning family activities like tag or relay races will get everyone involved and moving.

## 10. Praise healthy choices.

Encourage and compliment your children when they make healthy decisions on their own.





# TEENS

Adolescence is a period of rapid physical and mental growth. This means teens have an increased nutritional need. A healthy lifestyle for them results in clearer skin, better sleeping habits, a lower risk of depression and better mental alertness. Healthy habits learned at this age will last a lifetime.



## 1. Be active every day.

You should get about 60 minutes of physical activity a day, but it doesn't have to be all at once. This movement can come from sports, P.E. class, walking or riding a bike. Walking to the mall or playing basketball with friends is a great way to exercise.

## 2. Balance your blood sugar.

Eat a breakfast high in protein such as eggs or turkey sausage. Avoid junk food and fruits and grains that are high in sugar. When you eat carbohydrates be sure to eat them with a protein. Eat three meals a day with healthy snacks in between and have a small protein snack right before bed.

## 3. Fuel your body with healthy eating.

This means using proper food portions and eating high energy foods like fruits and vegetables, lean protein and healthy fats. Avoid items high in sugar such as candy, cookies, soda and energy drinks.

## 4. Fat is important.

Fat helps your body grow and develop because it is a source of energy. It is also vital for healthy skin and hair. However, there are good and bad fats. Olive oil, nuts and fish contain unsaturated fats, which are good fats. Try adding moderate amounts of these items to your diet.

## 5. Get plenty of sleep.

Going to bed at a regular time every night and getting plenty of sleep helps to recharge your body and mind.



## 6. Get outside.

Too much screen time (TV, internet and video games) can cause excess body fat and increase weight. Being outside helps you get vitamin D and exercise. To help reduce screen time, set goals for the amount of time you spend outside. Decreasing the time you spend on your phone, especially before bed, will promote healthier lifestyle decisions.

## 7. Eat breakfast everyday.

A healthy breakfast gets your body going. Teens who eat breakfast do better in school and sports. By eating breakfast you can increase your memory, stay more focused, maintain a healthier weight and feel less moody.

## 8. Drink plenty of water.

Hydration is important to a healthy body and mind. Drinking water cleanses the body of toxins and keeps your brain at optimal function. A good formula to follow is to drink half your weight in ounces. For example a 200 pound man would need to drink 100 ounces.

## 9. Examine your habits.

Use a food and activity journal for a week. Write down everything you eat, what you did and how you felt. At the end, look over your journal to get a sense of your habits and to see where there is room for improvement.

## 10. Take your time.

Making healthy lifestyle changes doesn't happen overnight. Try to make changes slowly to increase your chances of success. Set realistic goals such as replacing sodas with unsweetened beverages, eating more fruits and vegetables and getting more physical activity.







## ADULTS

Continuing or developing a healthy lifestyle can help maintain weight, increase energy levels and improve overall frame of mind. Healthy habits in adults help prevent diseases such as high blood pressure, stroke and depression. Having a well-balanced lifestyle increases the likelihood of living a longer, happier life. Healthy choices also promote self-confidence.

### 1. Visit your doctor once per year for a routine screening.

Take the time to ask your doctor questions about your health. Also, address any chronic issues you may be experiencing such as depression or arthritis.

### 2. Manage stress.

Routine stress management is important to developing healthy coping skills. Look for activities such as yoga or exercise to keep your stress levels in check. Also, practice ways to handle stressful situations that arise without warning, like finding a quiet place to take a few deep breaths.

### 3. Cover the rainbow with your eating habits.

Aim for 5-9 servings of fruits and vegetables per day. Eat a range of colors to get a good mix of nutrients. If you aren't eating multiple colors of fruits and vegetables, you probably aren't getting all the nutrients that you need.

### 4. Drink plenty of water.

Many people confuse thirst with hunger, causing them to eat when they are actually thirsty. Water quenches thirst, helps you feel full and keeps your body in full operating capacity.

### 5. Stretch.

Stretching has many benefits. It reduces the risk of activity-based injuries, improves flexibility and range of motion in your joints. It also increases blood flow to the muscles and can reduce back pain. To stretch safely, be sure not to bounce. Use smooth movements and hold each stretch for about 30 seconds.



**6. Quit smoking.** This is the single most important thing that you can do for your health and your life span. It is never too late to stop. Quitting can slow and prevent disease. It can even increase the chances of survival in smokers who have significant damage in their lungs, like those with early stage lung cancer or COPD.

**7. Floss.** Taking care of your teeth and gums is not just good for your mouth. Unhealthy gums can spread bacteria into the bloodstream and lead to inflammation and heart disease.

**8. Make fitness fun.** Go on a hike or walk with friends. Take a dancing or karate class. If you are bored by the treadmill, then skip it and find an activity you enjoy. You are more likely to succeed if you are enjoying what you do. It is recommended that adults get 2 and half hours of moderate-intensity aerobic activity per week.

**9. Spend time with people.** Healthy living isn't only about diet, exercise and sleep. Healthy living is also about our connections with other people. Build relationships in both the virtual world and face to face. Look for people who have similar interests and levels of openness to you. Loneliness can cause brain inflammation and can be just as dangerous as having high cholesterol or smoking.

**10. Sleep better.** Setting a regular sleep schedule is just as important as diet and exercise. If you have trouble getting to sleep, try eliminating TV, phone and computer time and cutting out heavy exercise within two hours of bedtime. Take a hot bath or read a book.





# SENIORS

Seniors with a healthy lifestyle are more mobile, active and alert. They have a better sense of well-being and are able to maintain their independence longer. Healthy habits at this stage in life help to lower the risk of health conditions. Also, when a healthy lifestyle is practiced, diseases such as Alzheimer's and dementia are less likely to develop.



## 1. Get active.

Find activities you enjoy. Good choices include walking, swimming, biking, stretching and gardening. Staying active can boost vitality, maintain strength and flexibility, improve mental function, reduce the risk of health problems and even help relieve chronic pain. Be sure to talk to your doctor before beginning any exercise routine.

## 2. Express Gratitude.

Make a list of 5 things you are grateful for every morning. Take time to write gratitude/thank you notes and surprise friends and family. Mailing and personally handing notes to people brings joy to their day.

## 3. Protect yourself from the sun.

Aging skin is less able to protect itself from the sun's UV rays. Limit your sun exposure as much as possible. You can do this by seeking shade when you are outside, especially between 10am and 4pm when the sun's rays are the strongest. Wear protective clothing even if you are going out for a short time.

## 4. Challenge your brain.

Stimulate mental activity by reading, learning a new instrument, doing crossword puzzles or playing strategy games with other people. When you stimulate the brain, it continues to develop and thrive. This becomes more important as you age.

## 5. Reduce stress.

Stress plays an even greater role in your health and quality of life as you get older. To deal with difficult situations and life changes, focus on the things that make you happy and thankful. Acknowledge your feelings and express them by talking to a friend, family member or healthcare provider. Write in a journal or join a support group to reduce stress. Keep your sense of humor.

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## 6. Maintain your sense of purpose.

This is one of the most important things you can do to stay healthy. Stay connected to people and things that are important to you. Spend time with at least one person every day. You can also create purpose by volunteering in your community, attending local events, joining a club or taking up a new hobby.

## 7. Eat a healthy diet.

As you get older and your digestive system faces new challenges, it may get harder to make healthy choices. Make sure to get plenty of fruits, vegetables and healthy fats and good protein. If you are having a hard time maintaining a healthy diet, talk to a family member or your doctor.

## 8. Get plenty of sleep.

Make sure your bedroom is dark, quiet and not too warm. Adjust your bedtime to when you feel tired and get up at the same time every day. Turn off the TV 1-2 hours before going to bed and wind down by listening to soft music or relaxing in a bath. Use only red, orange or yellow colored night lights. Blue lights wake up the brain.

## 9. See a dentist regularly.

As you age you may be at more risk for a number of oral health issues. Regular check-ups with your dentist can help identify issues such as dry mouth, root decay, gum disease, uneven jawbone, denture induced problems and thrush. Your dentist can also help you overcome issues such as brushing and flossing with arthritis.

## 10. Stay hydrated.

This is important for everyone, but aging may cause you to face more challenges. Drinking water is not the only way to stay hydrated. If you don't enjoy the taste of water, try adding citrus fruits or drinking low sodium broth. Many different types of fruits and vegetables have a high water content as well. If you are having trouble getting the recommended amount of water, try eating foods like watermelon, oranges, celery and carrots.







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CHIROPRACTIC CENTER

If back pain is impacting your performance on the job, or your day-to-day activities, let the professionals at Carlson Chiropractic Center help you reclaim your well-being. Contact us today to further discuss your options and schedule an initial consultation!

Our doctors bring their advanced experience and knowledge to our patients and can provide you with the tools you need to live a better, healthier life. Our team works to educate you on all aspects of a healthy lifestyle—not just performing a quick fix to your back or neck pain. We will personally tailor a program specifically targeted to your wellness needs.

Let the professionals at Carlson Chiropractic Center be your complete health and wellness providers. With our state-of-the-art chiropractic facility, let us help you discover the true wellness lifestyle!

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