



# FIVE GUIDING HEALTH PRINCIPLES

**After scouring science and revealing research, Medcor’s Five Guiding Health Principles emerged. Medcor’s principles are the foundation of our Better Me wellbeing philosophy. Let these principles lead you to a healthier way of life. You are invited to take the journey of a lifetime and become a Better Me master. Pick a principle and put the concept to practice in your daily life.**

**Move One. Move Your Body.** Find movement you enjoy. Get physical, powerful and strong.

Strengthen your major muscles groups at least two times per week; weight-lifting, push-ups, crunches, use your own body weight, dumbbells or resistance bands.

Condition your heart at least 150 minutes of moderate-intensity aerobic physical activity each week (at least 10 minutes at a time); participate in a physical activity that safely elevates your heart rate.

Physical activity is one of the most important things you can do for your health, according the Centers

for Disease Control and Prevention. The CDC reports the following research findings:

- Control your weight
- Reduce the risk of cardiovascular disease
- Reduce the risk of type-2 Diabetes
- Reduce the risk of some cancers
- Strengthen your bones and muscles
- Improve your health and mood
- Increase odds of living longer

**Move Two. Eat Real Food.** Eat wiser. Eat real. Eat less (if you are trying to lose weight). Consume food served up by Mother Nature. Grow a garden. Prepare meals with single ingredient choices. Aim



for at least five servings of plant-based food (fruits, berries and vegetables). A serving of fruit and vegetable can be thought of as:

Fruit = one piece the size of your fist or ½ cup of fresh, frozen or canned pieces or ¼ cup of dried pieces.

Vegetable = 1 cup of raw leafy vegetable or ½ cup of fresh, frozen or canned pieces

Harvard School of Public Health reports a diet rich in vegetables and fruits can lower blood pressure; reduce the risk of heart disease and stroke; prevent some types of cancer; lower risk of eye and digestive problems; and have a positive effect upon blood sugar, which can help keep appetite in check.

**Move Three. Get Your Sleep.** Get a sound night's sleep. Adults need a minimum of eight hours of sleep each night. Place yourself in a dreamy state by practicing good sleep habits and having a regular nightly routine.

The National Heart, Lung, and Blood institute report that sleep plays a vital role in good health and wellbeing throughout your life. Getting enough quality sleep at the right times can help protect your mental health, physical health, quality of life, immune system and safety.

**Move Four. Mind Your Happiness.** Be mindful of what brings you joy. Have purpose. Start paying attention to what makes you smile; write it down nightly. Partake in a healthy dose of happiness

(experiences that bring you delight or wonder). Express gratitude and kindness. Researchers believe focusing on happy experiences, practicing gratitude, and searching for moments of awe are linked to building resiliency which may enhance coping skills and help manage burnout.

**Move Five. Handle Your Hygiene.** Good hygiene prevents illness and promotes healthful work and living spaces. Encourage those around you to remember simple hygienic measures.

The CDC recommends the following best practices:

- Wash your hands often for at least 20 seconds with soap and water (if soap and water is not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol).
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched surfaces and objects using a regular household cleaning spray or wipe.
- Follow health security guidelines (e.g. social distancing, food safety practices, personal protective equipment, stay home when you are sick) during high risk times.

Practicing good hygiene is your super power to avoid getting sick and spreading germs to others.

Put these principles to work for you! Have you created a healthy habit goal for this year? Connect with your healthy lifestyle coach or care provider to set-up a SMART goal.



**Knowledge is power, exercise your mind with the quick quiz below.**

**What is a benefit of moving your body?**

- Reducing the risk of some cancers
- Increase odd of living longer
- All of the above**

**Sleep is an important factor to wellbeing. Aiming for a sound 8 hours of sleep nightly may enhance:**

- Immunity**
- Beauty
- Fast twitch muscles

**What is a great habit to prevent catching a cold?**

- Wash your hands often for at least 20 seconds with soap and water (if soap and water is not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol).**
- Drink Orange juice each morning
- Take an immune supplement

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