



Total health. It's all good. Q&A

- **Q: On the physical dimension slide, you recommended to 'eat for energy.' Aside from what you mentioned about eating enough fruits and vegetables, what else can I do to 'eat for energy'?"**
- A: First, don't underestimate the power of eating enough fruits and veggies. The carbohydrate in them is your body's primary energy source and the fiber in them will keep the energy lasting a longer time. Also, when someone pushes to ensure they're getting enough of these, the fruits and veggies often crowd out other foods (chips, cookies, etc.) that aren't as good at providing a steady stream of energy. It's also important for your energy levels to have a little bit of carbohydrate with each meal and snack. Aside from diet, it's helpful for energy to get enough sleep and get physically active.
- **Q: I'm going to work on quitting tobacco for my New Year's resolution. Any tips?**
- A: Sure thing! First, form a team of people to support and encourage you...and this team should include your doctor. Tell your doctor what you're planning to do and see what additional strategies he/she can provide. Next, make a list the reasons you want to quit tobacco. Actually write them all down and then read them aloud multiple times daily. Another idea for you is to visit the MyActiveHealth website and go through the tobacco cessation digital coaching modules. They're insightful and entertaining. To access MyActiveHealth, visit pebtf.org. Click on the Get Healthy logo. There on that page, you'll see a link to MyActiveHealth.
- **Q: In the section on emotional health, you suggested deep breathing. Can you tell us how to do this?**
- A: So with deep breathing you can plan when you'll do it...possibly first thing in the morning or last thing before you go to bed. And a good place to start is with 5-10 minutes. You can also do deep breathing in the heat of the moment...a.k.a. when you're feeling stressed. During these times 30-60 seconds will often do the trick. How to do it? Take a comfortable position either sitting or lying down. Close your eyes. Take a deep, slow breath in through your nose and then out through your mouth....and repeat. It's that simple.