



Toilet Talk

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Rise and Shine!

Breakfast is the most important meal of the day. It kick starts your metabolism, helps you concentrate better throughout the day, and boosts your energy. Studies have shown that people who eat breakfast tend to be leaner than those who skip it. Wake up earlier and get some carbohydrates and proteins in you. You will feel better throughout the day! -webMD

Been Crabby?

Perhaps you aren't getting enough sleep. You are not alone. One study showed only 1/3 of adults gets enough sleep per night (6-8 hours). Why sleep? It results in more positive attitudes, greater alertness, and better quality of life. It also gives your body enough time to re-fuel and repair to keep away illnesses and injuries. Make time for some shut eye, it will pay off in the end. -medlineplus

How to Live to Be 100

During the 20th century, the average life expectancy increased thirty years. Secrets to longevity include everything from your personality, your mind, your exercise habits, your social life, and much more. Here are some facts you may not have known.

- ✚ You skip pop, even the diet kind. Scientists have found that exposing your taste buds to artificial and natural sweeteners conditions your body to crave sweet foods.
- ✚ People who set goals and overcome challenges are 89% more likely to avoid Alzheimer's. Focus your attention in order to use maximal amounts of brainpower.
- ✚ You're a flourisher. About 17% of the population is made up of those who are positive and have a sense of community and purpose. Spending time with family, spiritual health, and helping out others have shown to increase life spans.
- ✚ You have completed at least one year of higher education. Studies show this is because higher educated people are more likely not to smoke, and therefore live longer.
- ✚ You embrace technology. Research has shown longevity if people are up to date on technology. Social networking via the internet and exercising brain cells can keep you feeling vital and relevant.

Did you know? Taking a 20 minute afternoon nap enhances cognitive function.

Movie Date Night

Bringing your significant other to see a new movie has been the norm of dating for a while. Sharing the popcorn and pop combo, spending time together, and watching the latest film makes for a great night, or does it? Recently, the medium combo sold at the nations largest movie theater, proved to have 1,610 calories in it. That's as many as three McDonalds Quarter Pounders. Save the movie popcorn for very special occasions! -msnbc

"Wanna Be Startin' Somethin"

It's now been a few weeks since the New Year. Have you kept that resolution to exercise? Here are some extra motivators to get you into the gym.

1. Set a date. Working out with a friend not only allows you to socialize, but also puts some pressure on you to show up.
2. Think baby steps. If you're not quite ready to get all the way to the gym, put on your workout clothes, and do a few sit-ups.
4. Exercise improves your mood, and gives you a brighter outlook on life. Stay away from the blues by getting to the gym.
5. Exercise boosts your energy level.
6. There are 1,440 minutes in every day. You can spare 30 minutes to work out!

-prevention.com

"If you do not hope, you will not find what is beyond your hopes." St. Clement of Alexandria