

## 3 Quick, Easy Self-Care Ideas For Everyday Living

Start with one of the ideas below. Once that becomes a positive habit, add another!  
Incorporating "Self-Care" into Daily Routines eases the "time crunch."  
It can be just the spark to enjoy new healthy routines!



### #1 USE YOUR "MUSCLES OF INDEPENDENCE"

The "muscles of independence" are the **muscles of the legs**--particularly the quadriceps or "quads" (the large muscle at the front of the leg) and the hip flexors--that enable us to squat, go up and down stairs, and get up from a chair. They keep you moving, walking, going about your daily business and independent.

**Self-care practice:** when you're in the kitchen or bathroom, instead of bending at the waist, squat for anything lower than the countertop. For example, squat when getting something out of a low cabinet in the kitchen or picking up something off the floor in the bathroom.

**How it helps:** In addition to strengthening your quads & hip flexors, it also helps strengthen the pelvic floor muscles in men and women, which also helps improve bladder control. A great exercise for people of all ages (not just seniors)!



### #2 SPEAKING OF BLADDERS (AND KIDNEYS), HYDRATE!

**Self-care practice:** Before you go to bed, **fill up a large glass or insulated glass of water and place it on your nightstand** or near the bathroom counter. As I'm doing my morning routine, I am sipping away and downing that 16 ounce glass before I begin my day.

**How this helps:** Staying hydrated is important anytime of year, but especially now, the hottest time of the year. Water is essential for the kidneys and other bodily functions to perform at maximum efficiency.

### #3 FOCUS ON YOUR FOOD BY EATING MINDFULLY!

**Self-care practice:** at your next meal, **turn off the TV, put your phone aside, and eat without distractions.** Chew slowly and pay attention. Notice the colors of your food and savor the different textures and tastes.

**How this helps:** eating mindfully allows us to bring awareness and give gratitude. This will enhance digestion and nourishment. As an added bonus, we often eat less when we slow down and pay attention to our food.