

Laugh for Good Health

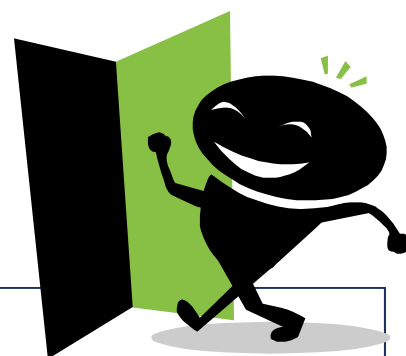
Recent studies show that not only is laughing something that people enjoy but it can also lead to a healthy life. One benefit of laughter is that it increases blood flow throughout the body. Another reward of laughter is that it lowers blood sugar levels among people with Type 2 Diabetes. Both of these discoveries were made after people watched humorous movies or shows. Laughing more can also be beneficial to those who suffer from allergies, asthma and rheumatoid arthritis.

Another advantage to laughing more is that it can burn off calories. Researchers estimate that 15 minutes of laughter can burn off 40 calories. So the next time you think about telling a joke or watching a funny movie go ahead. Your body will thank you for it!

Math Puzzle Answer

2	+	5	+	8	15
-		+		+	
6	×	4	+	7	31
×		/		+	
1	-	3	-	9	-11
-4		3			24

Congratulations to everyone who answered the puzzle correctly!



10 Quick Tips to a Healthy Life

1. **Instead of three large meals, eat five to six small meals.** By eating smaller meals you will get the nutrition you need without overeating.
2. **Drink more water.** As we age we lose our sense of thirst which can lead to dehydration. To avoid this, have water available throughout the day.
3. **Meals should look appealing.** This will increase your appetite.
4. **Use plenty of spices and herbs to improve the taste of food.** Adding ingredients like nutmeg and garlic will improve the taste of nutritious meals.
5. **Prepare meals full of protein.** Eating meat, chicken, beans, and nuts on a regular basis can help fight off muscle weakness, the feeling of being tired and infections.
6. **Eat foods high in omega-3 fatty acids.** This will decrease your risk for heart disease. Foods like tuna and nuts are great sources of omega-3 fatty acids.
7. **Eat enough fiber.** Eating foods high in fiber like whole grains, beans, fruits and vegetables can lessen constipation.
8. **Try to make mealtimes an enjoyable experience.** Invite friends or relatives to your house. Making mealtimes enjoyable will give you more reasons to eat nutritious meals.
9. **Make sure you get enough zinc.** Many older adults do not have enough zinc in their diets. This can cause a decrease in appetite and sense of taste. Good sources of zinc are fish, poultry and beans.
10. **Be more active.** If you are not usually physically active, ask your doctor for suggestions. Checking in with your doctor before you exercise is also important in preventing injury. Exercise can keep your mind sharp and your joints flexible.