

# Fit Tips

## 10 Paths to Better Health

1. **Brush and Floss:** Brush your teeth and floss every day. Studies suggest that gum disease might contribute to the development of heart disease, diabetes and other risky conditions.
2. **Go to the Mall:** When visiting the mall, walk at a brisk pace, take the stairs instead of the elevator and comparison shop by doing math in your head. Not only will these tricks give you a source of physical activity, they will also protect you against Alzheimer's disease by keeping your brain active.
3. **Eat Dark Chocolate:** Dark and bittersweet chocolate are a good source of flavonoids (an anti-aging substance). The dark chocolate can protect against blood clots and heart attacks.
4. **Laugh More:** Studies suggest laughter helps keep blood vessels dilated and protects against heart attacks.
5. **Have Sex Frequently:** People with a good sex life seem better able to ward off colds and depression and might even gain protection from heart disease.
6. **Get enough sleep:** Sleep helps keep memory and attention in top form, and it might help regulate body weight. Sleep deprivation is linked to obesity.
7. **Take up yoga:** Beginner yoga classes offer a set of poses that increases flexibility and strength and might help people who have arthritis.
8. **Munch on almonds:** Just a handful of almonds eaten daily helps lower LDL cholesterol, the bad cholesterol that contributes to heart disease, and might reduce the risk of developing certain cancers.
9. **Pray or meditate:** Prayer or meditation might lower blood pressure, reduce anxiety, cut stress levels and perhaps even help people live longer.
10. **Go out for Indian food:** Studies suggest that curcumin, the yellow pigment in curry spice, might help protect against heart disease and cancer and perhaps ward off Alzheimer's Disease.