

SAFETY OUTLOOK

April 2015



Avoiding Substance Abuse Through Wellness! PART 2

“An ounce of prevention is worth a pound of cure!”

In the last newsletter, we discussed the need for our bodies to get enough sleep. According to the National Institute of Health, sleep helps you think more clearly, have quicker reflexes and focus better. Another great benefit of getting adequate sleep is the ability to reduce stress. When a person feels less stressed and emotionally healthy, the chances of abusing illegal substances drastically decreases.

Today, we would like to show you how natural sunlight & exercise can impact your health!

Like sleep, getting daily sunshine has many advantages to your health. Our bodies can make Vitamin D by absorbing sunlight. Vitamin D has been proven to boost your immune system, reduce depression, and even overcome insomnia. Once again, here is something that doesn't cost a penny, but its benefits are priceless.

With a new season on the horizon, be sure to take time everyday to enjoy the outdoors and bask in the sunshine! Just 20 minutes a day of exposure to the sunlight will make a difference over time. If you're concerned about sunburns, you can use some organic coconut oil as a protection without any harm.

Along with sunshine, staying active is essential for optimal health. While there are many exercise programs, workout centers, and fitness equipment in the marketplace, the most effective exercise plan is the one that gets done! Taking a brisk walk in the outdoors is an excellent way to get both sunshine & exercise. Don't put it off! Just put on a pair of sneakers and take a walk. A few minutes before work, after work, or even on a lunch break can add up to a significant amount of activity. You will find yourself more relaxed as you make it a habit.

.

TENNESSEE DRUG TESTING
WWW.TNDRUGTESTING.COM