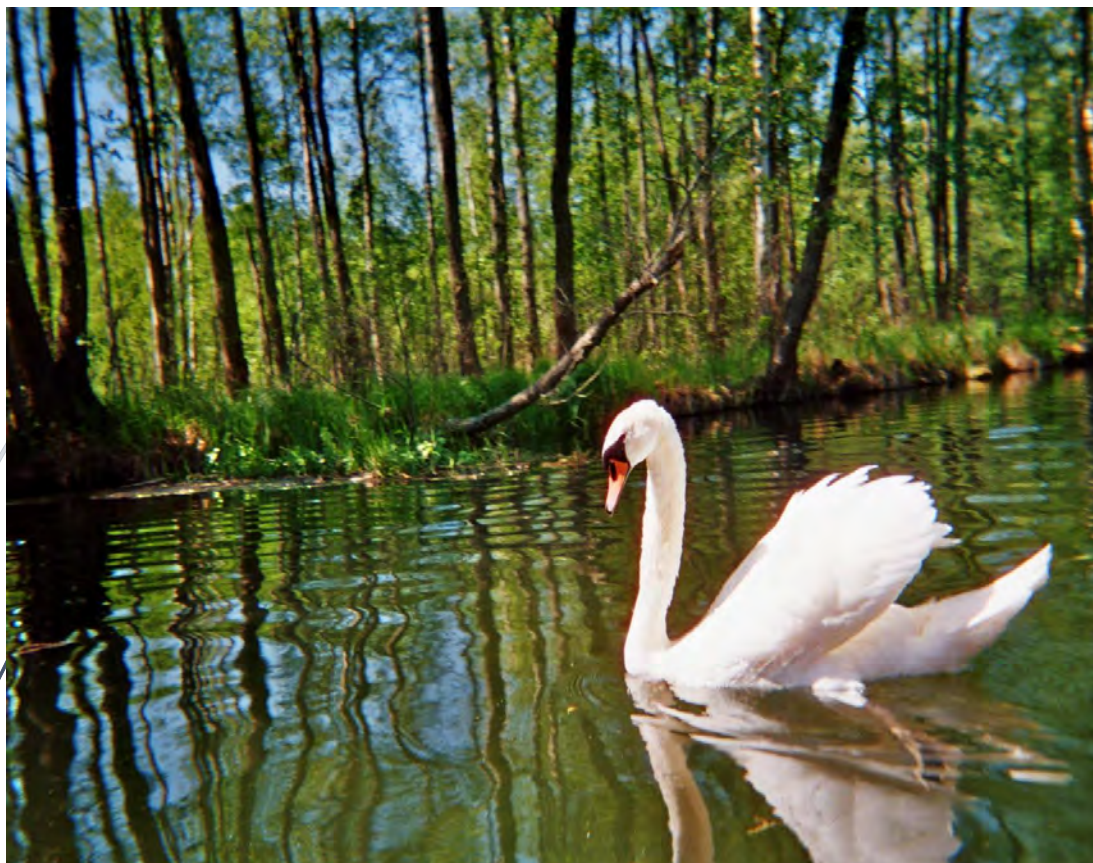


Ways for a healthier lifestyle

Vicky

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GAME TIME!!!

EVERY DAY HEALTHY TIPS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Eat 1 banana	Eat some nuts	Cook a new recipe	Skip meat or fish for one day	Buy some veggies from a local shop or bio farm	Eat whole-wheat pasta	Eat 1 apple
Walk 30 minutes in silence	Take the stairs instead of the elevator	Take a micro brake during work to stretch (3x 5min)	Walk or run in the nature or in a green area for some time	Use your bicycle or walk for a short distance	Do 10 pushups-10 squats-20 abs	Find local sport activities
Create a contact with an animal	See some friends	Find 2 things to be grateful for	Plant a flower in your house	Focus on your breathing for 10 minutes	Make a bucket of wildflowers	Draw-write-paint something

For everyday tips that you are doing, you get one point.

At the end of the week, count your points and say a big congratulation to yourself!!!

How I move is how I think

I am walking. Is it just a move or is it the means to reveal my emotional, psychological, or general mental state?

I am trying to observe myself, my body. How I walk when I am sad, when I am happy, when I am hungry or angry. What moves my hands make, how I position my legs, at what pace I walk.

My physical, mental, psychological, emotional, and social situation is manifested through the movements I make with my hands, my feet. The way I place my body in the space I am in and the way it reacts to the external stimuli it engages in.

I always walk in one direction. I think I know where I want to go. I look at my target and move on to him. I am following a path to get there. Maybe that shows that I am a person who likes to create a program and follow it faithfully. I want to get to my goal quickly, because such an event I believe it will make me happy. I am observing another man. He walks without showing that he has any direction. He sees something that gets his attention. Stops. He is looking at it. Then it goes on. Maybe he will get to the goal he set at the beginning, maybe he is not. Perhaps along the way he realized that he wanted to change his goal and accordingly changed his direction.

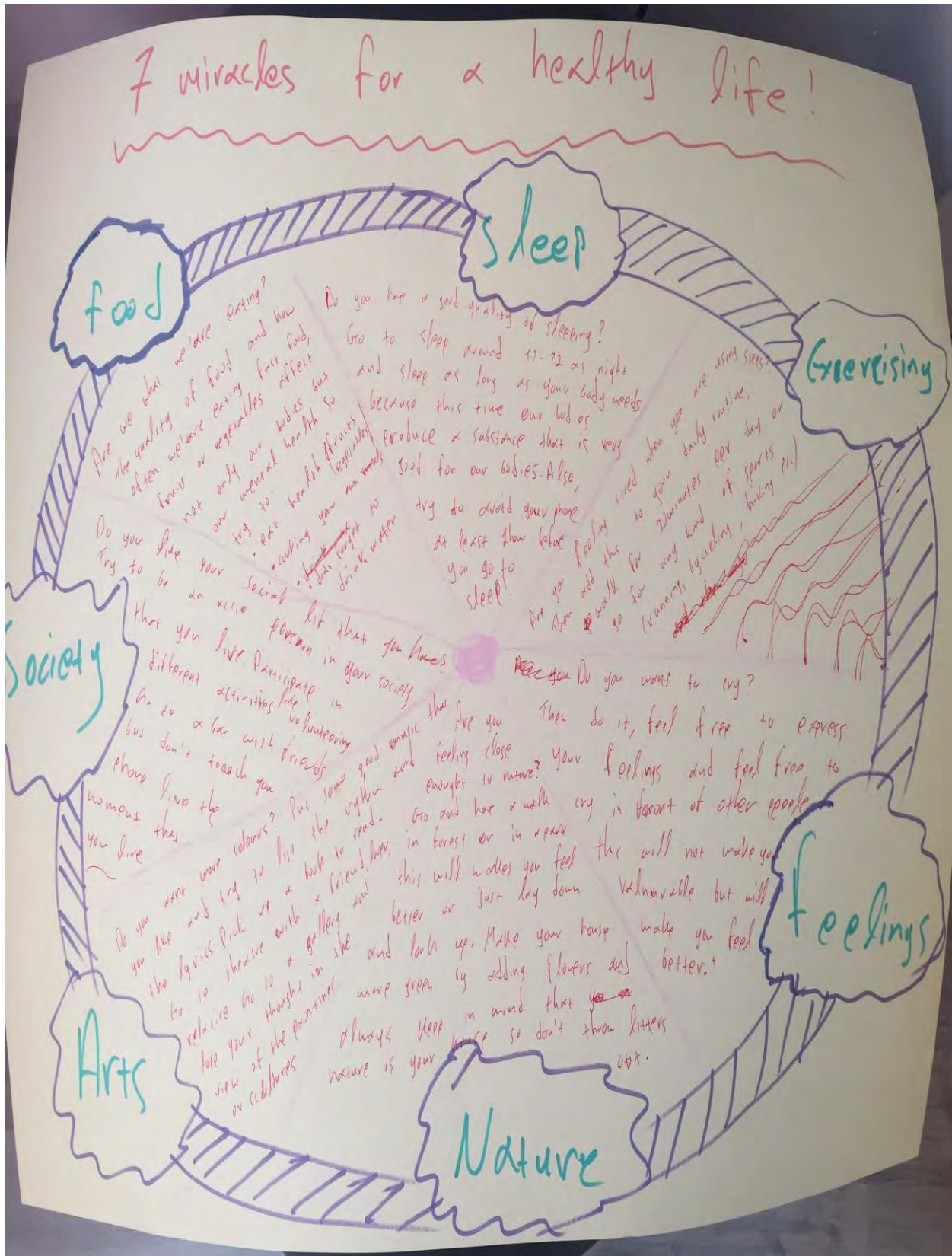
The way the two people move, on a hypothetical level, reveals a part of the composition of themselves. They do not come into conflict, but they complement each other. This complement can be on a professional, friendly, university or erotic level. Every moment our body and the movements it produces, is the way of communication that this has, so it makes us understand that we feel convenient or uncomfortable.

A new situation that we feel puts us in an uncomfortable position, will either make us freeze, run away, or fight a battle. These situations exist through the primordial era and it is impossible not to feel them. What we can control is the primordial instinct that exists within us, the inner child, so that he does not always have control of ourselves. It is our decision whether to turn a situation from uncomfortable to convenient.

By communicating with our bodies, we will communicate with ourselves. We will again have the connection to who we really are.



7 Miracles for a healthy life!





Exercise: Are you feeling tired when you are using steps? Then add this to your daily routine, walk for thirty minutes per day, if it is possible, or go for any kind of sports

- Running
- Bicycling
- Hiking



Feelings: Do you want to cry? Then do it, feel free to express your feelings and feel free to cry in front of other people. This will not make you vulnerable but will make you feel better.

How do you feel today? Red, yellow or green?



Nature: Are you feeling close enough to nature? Go out and have a walk in forest or in a park or at the sea and just lay down and have a look at the sky by having closed your eyes and open your ears to hear all the melodies from nature. Make your house greener by adding flowers and always keep in mind that nature is your house so be gentle with that and through litters out.



Arts: Do you want more colors in your life? Put some good music that you like and try to listen they rhythm and lyrics.

- Pick up a book and read it
- Go to theatre with a friend, lover, relative
- Go to a gallery and lose your thought in the view of paintings or sculpture



Society: Do you like the social life that you have? Try to be an active person in your society that you live. Participate in different activities like volunteering. Go to a bar with friends but with one condition 'don't touch your phone' live the moment that you live and the life that you want to live.

