



Professor Sali's happy page

Here are four simple things you can do *each day* to boost your overall mood, feel positive and look great!

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1 Sunlight

Spend some time in the sun **every day**. Aim for about 20 minutes of sunlight exposure on your face, chest and arms.

2 Exercise/Walking

30 minutes of **daily** exercise will make you feel great, especially if you exercise outside. Your 30 minutes can be any exercise that you enjoy, even a slow walk. Grab 30 minutes at once or break it up during the day into 10 or 15 minute sessions.

3 Fish

Try to eat fish or seafood **daily**. Supplementing with Fish Oil can also be a good option. Seaweed is a good alternative for vegetarians.

4 Dark Chocolate/Cocoa

Consume cocoa **daily** as high cocoa dark chocolate, good quality cocoa drink, cocoa nibs on breakfast cereals, etc.

Remember, happiness and generally "feeling good" **dramatically** reduces your risk of most common illnesses.

Happiness is the best way to look after your health!

