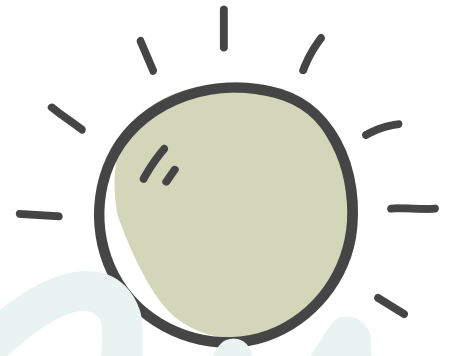


PROFESSOR SALI'S HAPPY PAGE



HERE ARE 6 SIMPLE THINGS YOU CAN DO EVERY DAY TO BOOST YOUR MOOD, FEEL POSITIVE AND LOOK GREAT

1 SUNLIGHT



Aim for at least 20 minutes of sunlight exposure every day on your face, chest and arms. Don't forget to wear sunglasses which may help to prevent against the two major eye disorders, cataracts and macular degeneration.

4 DARK CHOCOLATE/ COCOA



Eat or drink dark chocolate daily. Try high cocoa dark chocolate, a good quality cocoa drink or cocoa nibs.

2 EXERCISE/WALKING



Aim for 30 minutes of any exercise you choose every day, even a slow walk will do. Exercise for 30 minutes at a time or break up into 2 x 15 minutes or 3 x 10 minutes throughout the day.

5 REDUCE STRESS



Stress is one of the most important influencers on your health. Engage in stress-relieving activities every day, such as meditation, yoga, massage or gardening.

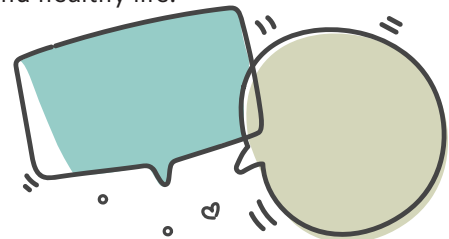
3 FISH



Try to eat fish or seafood daily. Supplementing with fish oil is also an option. Seaweed is a good alternative for vegetarians.

6 SOCIAL SUPPORT/COMMUNITY

One of the most important factors. Social connectedness is essential for good health. Connect with others who also share your values for a long and healthy life.



Remember

HAPPINESS IS THE BEST WAY TO LOOK AFTER YOUR HEALTH