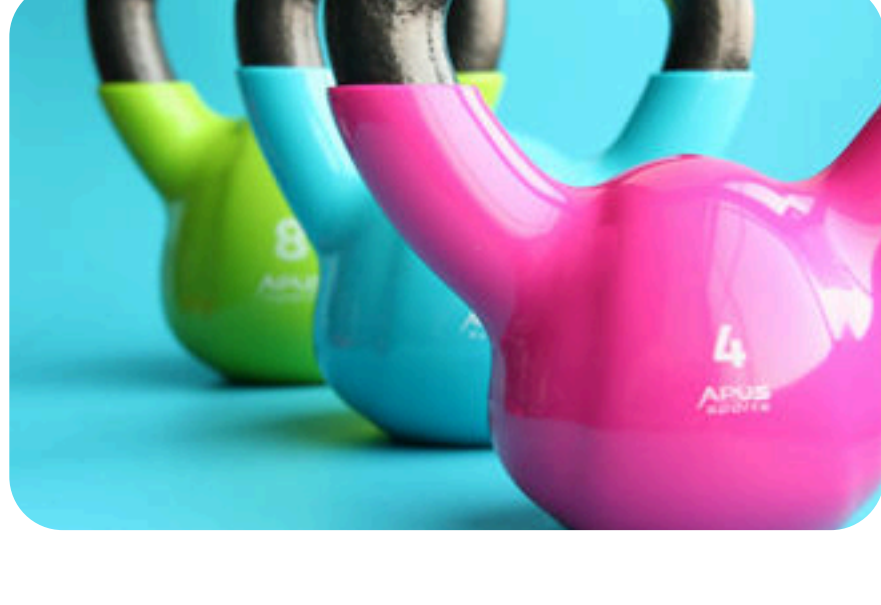


How Medical Practitioners Stay Healthy

FOLLOW A DIET & EXERCISE PLAN YOU CAN DO FOR LIFE

01



Many people choose to diet for a temporary period, hoping to lose weight and look their best. While some diets may shed pounds quickly, if you can't stick to them indefinitely, they will ultimately fail you. The same goes for exercise.

Doctors know that you need to choose something you enjoy and can stick to, otherwise you won't form a good habit and make your health a priority.

02

SLEEP ENOUGH & SLEEP WELL

Everyone understands the importance of a good night's rest, but few of us actually achieve it on a regular basis. Just getting eight hours isn't enough, either—quality matters just as much as quantity.



DON'T FORGET ABOUT YOUR BRAIN

03



We worry a lot about our physical health, so our mental health often takes a back seat. Make sure you're well aware of how you feel, as few things can negatively impact your health in so many ways like stress.

04

REDUCE YOUR CONTACT WITH GERMS

Another way doctors stay healthy is by reducing their contact with germs. More than hand-washing, that means you ought to regularly clean surfaces (including your keyboard, smartphone, and anything else you touch regularly) and avoid touching your face.



HOW TO HEAD OFF A HEADACHE

05



Start double-fisting beverages the minute the throbbing begins. That's because many headaches are caused by dehydration, while caffeine is known to curb them.

06

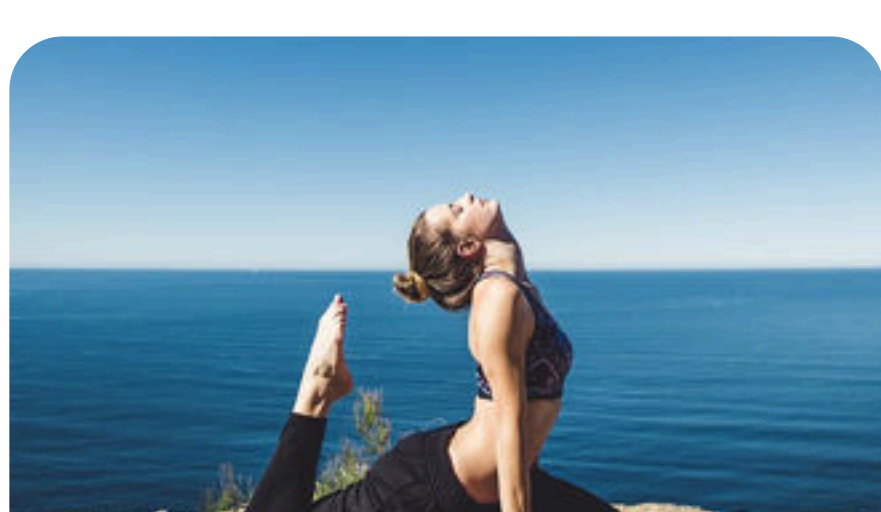
TAKE A TIME OUT

Breathe deeply for five minutes. It helps lower stress, which weakens the immune system.



BEAT BURNOUT

07



Get serious about leisure time — meditation, yoga, massage, etc. Quite a few medical problems occur from too much work and not enough leisure. Carve out a small portion of each day — or set aside several hours — to do something you enjoy.

08

EAT EXTRA VEGGIES

Instead of having a garden-variety green salad, tossenapa cabbage, radicchio, edamame, and carrots with ginger-soy dressing. It gives me a lot of vitamins, antioxidants, and protein.



MANAGE STRESS

09



Try meditating in a quiet room — without music and with natural light — for a few minutes each day. Resting your mind regularly equips you to better handle stressful moments when they pop up.

10

FIGHT CRAVINGS

Mehmet Oz, MD, host of The Dr. Oz Show, eats raw walnuts (about one ounce) a few times a day for their hunger-quashing protein and heart-healthy fat.

"The rap against nuts is that they're high in calories, but research is showing that our bodies may not actually absorb all the fat they contain," Dr. Oz says. "So we probably end up taking in fewer calories than what's listed on the package."



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