

June 2019

## **JUNE 8TH “GLOBAL WELLNESS DAY“ LIVE A BETTER AND HEALTHIER LIFE**

First celebrated in 2012, Global Wellness Day has now spread all around the world and is celebrated in over 130 countries around the world.

### **Global Wellness Day 7 STEP MANIFESTO**



#### **WALK FOR AN HOUR**

You feel happier as you walk because the brain secretes endorphin while you are walking. You keep fit by walking. Your muscles get stronger, you lose belly fat, the level of cholesterol reduces and it helps you overcome your weight problems.



#### **DRINK MORE WATER**

People who drink less water might suffer exhaustion, attention deficiency and memory problems.



## **DON'T USE PLASTIC BOTTLES**

The plastic bottles made of petroleum waste cause immeasurable damage to our health and the environment.



## **EAT HEALTHY FOOD**

Try to consume foods which are produced through natural methods.



## **DO A GOOD DEED**

Do a good deed to make the world a better place to live. See how you will change your life by changing someone else's.



## **HAVE A FAMILY DINNER WITH YOUR LOVED ONES**

Eat a family dinner with your loved ones in a room where, if possible, there are no smart phones and TV. Talk about your day. Listen to each other's recommendations.



## **SLEEP AT 10:00 PM**

Sleep is a critical process during which our body regulates everything and repairs and heals itself. It slows down ageing and protects us from diseases. HGH (Human Growth Hormone) is released by the brain into the bloodstream during sleep and its' release is part of the repair and restoration function of sleep.