

Hey Mom, This is For You!

By
Chuck Jumpeter

Ahhh, May. What a wonderful month! All those April showers are resulting in some beautiful May flowers. We've just completed the annual golf outing I run for the benefit of the young men and women of our parish, and, most importantly of all, it's the month in which we honor one of the most important and significant people in our lives, our mother. Happy Mother's Day, mom and to all mothers everywhere.

This year, my two daughters treated my wife and mother-in-law to a wonderful brunch at the clubhouse in our development. Numerous families were there honoring their mom's with some great food and wonderful friends. I'm sure this was duplicated in different ways all around the world. And, rightly so. After all, moms are the busiest people in the world, juggling family and career and handling just about everything from driving the kids to soccer practice, to helping with homework, to balancing the budget, to maintaining the household, to keeping the family healthy. Unfortunately for many moms, this juggling act leads to feelings of stress, sleep deprivation, poor food choices and inactivity, a combination that can add up to a lifetime of health challenges.

By now, all of you are aware of my passion for Shaklee Corporation and their efforts to help us maintain balance and control over our health, and the health of our planet. Shaklee often provides its sales leaders with key information and asks that we share it within our organizations and customer base. I recently received five key tips for moms (hey dads – your month is coming and these tips are good for you, too!) to keep themselves healthy every day, and want to share them with you now. I've added a few annotations to help you get started. Also, I've covered many of these topics in previous articles and you might want to review them for more complete info. They can be found on the archives of The Health Awareness Forum.

Five Key Tips to Keep Yourself healthy Everyday

1. Kick the Stress

Fifty percent of us experience stress every day. Mothers—especially working mothers—experience the greatest amount. Daily stress and anxiety wreak havoc with our sense of well-being and the impact of prolonged stress can have severe consequences on our health. In fact, the Centers for Disease Control estimates 75-90% of all visits to the doctor's office are stress related. One key to good health is to keep levels of stress in check. Get started by Identifying Your Stressors – Whether it's marital problems, money issues, traffic or the piles of laundry, the first step to managing stress is knowing what's causing the most stress in your life. Once identified, you can begin to figure out how to overcome stress or manage it better.

Setting Priorities – Take stock to determine what's really important and learn to say "no". This can be one of the biggest favors you can do for yourself. Schedule your priorities rather than prioritizing your schedule.

Delegating Responsibilities – You don't have to be "supermom", learn to ask for help and assign tasks to other family members.

Relaxing and Meditating - Research has shown that taking time out of each day to relax and meditate can help reduce stress.

Taking Shaklee Stress Relief Complex*, a botanical combination which includes a powerful stress reliever from green tea to help promote relaxation, alertness and concentration, and help relieve everyday stress in as little as 30 minutes*.

www.shaklee.net/jumpeter/product/20656

2. Get Enough Sleep

Emerging scientific evidence indicates that insufficient sleep can be harmful to our health. In a 2007 poll by the National Sleep Foundation, about two-thirds of women reported experiencing a sleep problem at least a few nights a week within the past month (46% reported this occurrence every night or almost every night).

Sleep Well and Re-energize. Maintain a regular bed and wake time schedule; establish a relaxing bedtime routine; and try not to eat a meal, drink alcohol or caffeinated beverages or exercise within a few hours of bedtime.

To contend with occasional sleeplessness and to help you get a good night's rest, Shaklee Gentle Sleep Complex* (www.shaklee.net/jumpeter/product/20603) uses natural botanicals to promote a calm and restful sleep.

For daily support, take Shaklee Vitalizer™, (www.shaklee.net/jumpeter/product/20247) which delivers supercharged vitality and a broad-spectrum of vitamins, minerals, antioxidants, anti-aging phytonutrients, omega-3 fatty acids and probiotics to build the foundation for a longer, healthier life.*

3. Eat Right

Good nutrition is essential to health and poor food choices contribute to health challenges including weight gain. Start by improving your diet by eating a variety of foods, choosing whole grains, beans and legumes and plenty of fresh fruits and vegetables.

Don't forget to include some lean protein from fish, chicken, soy and nonfat dairy and select heart-healthy omega-3 fats from fish, avocado and nuts. And stay away from fast food restaurants!

And if you're like most women struggling to maintain a healthy weight, try the Shaklee Cinch™ Inch Loss Plan. (www.cinchplan.com/jumpeter) It's powered by leucine™ and designed to help you break the yo-yo dieting cycle.

4. Exercise

Sure, we all know that exercise is a healthy habit and it's never too late to start. Walking is a great activity for everyone. Start with a 10 or 15-minute walk, especially if you haven't been exercising regularly. Then do your best to be active every day.

For example: skip the elevator and take the stairs or park farther away from your destination. Or dance! Whatever gets you moving.

Set new goals everyday and keep track of your progress by counting all of your steps with the Cinch Pedometer.

5. Take a "Timeout" with Friends

A landmark UCLA study suggests that hanging out with friends can actually counteract the kind of stress most women experience on a daily basis. When women engage in this 'tending or befriending' with children and other women, studies suggest that the hormone oxytocin is released, which further counters stress and produces a calming effect.

We always knew that friends made us feel good and now there is actual evidence that they are good for our health! So the next time you need a lift-me-up or simply want to relax, call up your closest group of girlfriends for a fun gathering.

And why not turn these gatherings into something that empower you to make a difference in the world? Contact me and we can make these meetings more productive than you could imagine.

So there you have it mom, five simple steps to keep yourself healthy and ready for all those daily challenges. As I said earlier, mom, this one's for you!

Yours In Good health,

Cj

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.