

August: Stealth Health: Get Healthy Without Really Trying



Isn't "healthy" what we're all striving for? Some days it just seems hard to stick with our "healthy plan" that we've set for ourselves. Either we don't have enough time to exercise or we don't have the "will power" to resist that piece of cake or pie. Let's look at this a different way.

How about making some small changes that can add up to a big difference! For example, if you don't have 30 minutes to walk at a time, try three brisk 10 minute walks per day. It can be as effective as one 30 minute walk! Or eating a piece of fruit instead of a candy bar, can, over time, make a big difference.

The "Stealth Health" plan challenges us to pick any three of the 12 changes that is suggested and incorporate them into your life for four days. When you feel comfortable with those changes, pick three others. Once you've incorporated all dozen changes, you should start to feel a difference within a couple of weeks.

Are you up for the challenge?!

We also want to recommend a book by Michael Pollan. It is called "In Defense of Food", (<http://michaelpollan.com/books/in-defense-of-food/>). It talks about how we can start making thoughtful food choices that will enrich our lives, enlarge our sense of what it means to be healthy, and bring pleasure back to eating. This book has caught the attention of many recently. Michael Pollan has been on the "Oprah" and "Ellen" talk-shows and on some of the morning news shows.

[Stealth Health Challenge](#)

