



Debra L. Sears

healthy, active lifestyle – and that is your Personal Best!

As we have become Boomers we have already been challenged in many ways. We have climbed the mountain...we have the best seat in the world...we are at the top...we are at our best. We have the advantage of seeing and learning from our children (our future) as well as the rich abundance of knowledge from our elders. We have it made! We can continue to become more proficient both mentally and physically. **Keep Learning!** Make it a habit to keep your brain active and engaged by trying out new recipes, reading challenging books or doing puzzles.

Education is the most powerful weapon which you can use to change the world. ~ Nelson Mandela

It was once believed that exercise was simply a means to an end...to lose weight. But studies have shown that the benefits of staying fit and active go well beyond simple weight loss. Physical activity and regular exercise have proven to decrease the risk of heart disease, and can also decrease your risk of stroke, colon cancer, diabetes and high blood pressure. If the overall health benefits weren't enough, living an active healthy lifestyle at every age, helps increase energy and even helps increase the overall happiness in your life. **Exercise!** There is an exercise out there for everyone; talk to your doctor before starting any new activity. The health benefits obtained from an exercise plan, such as reduced risk of heart disease and depression, are especially important for older adults. Activities like Zumba, dancing or yoga can be good places to start.

Exercise doesn't have to be boring. It doesn't have to be the thing you dread doing each day. The key to a successful fitness regime is finding something that you love. Some find running a peaceful escape from a hectic day; others take to cycling to get to work or just for fun; and many use walking groups to catch up with friends and enjoy the night. **Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it. - Lou Holtz**

Healthy eating and a smart diet is vital for everyone of all ages. The key to a successful diet is maintaining a well-balanced healthy mix of foods that have a myriad of health benefits. **Eat your greens!**

A healthy diet gives you the nutrients to keep your muscles, bones, organs and other parts of your body healthy throughout your life.

THE RACE IS ON... THE RACE IS YOU vs. YOU!

Get Ready, Get Set... GO!

There's a new definition of "personal best" that anyone can achieve.

It's not about a peak time or distance in sports. It's about overcoming obstacles, surviving challenges and staying motivated throughout your life. This results in greater longevity and a

It may help lower high cholesterol and high blood pressure, reduce the risk of or manage Type II diabetes, minimize bone loss and decrease your chances of heart disease.

Feeling sluggish? The American Dietetic Association reports that carbohydrates, healthy fats and proteins provide your body with energy to properly function. Foods like walnuts, almonds, blueberries, bananas, apples, and strawberries all provide energy boosts, all the while helping you attain the recommended daily intake of nutrients your body requires to operate at full steam.

"Today, more than 95% of all chronic disease is caused by food choice, toxic food ingredients, nutritional deficiencies and lack of physical exercise." ~Mike Adams

Sleep isn't exactly a time when your body and brain shut off. Your brain stays busy overseeing a wide variety of biological maintenance that keeps your body running in top condition, preparing you for the day ahead. Your energy levels will increase. Lack of restorative sleep hampers your ability to work, learn, create, and communicate at a level even close to your true potential.

Don't overlook humor. In my favorite books, The Blue Zones and Thrive, the longest living and happiest people indulge in laughter. **"A good laugh and a long sleep are the best cures in the doctor's book." ~Irish Proverb**

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