

Healthy Habits

from Prime of Life Fitness

Wellness Awareness: One Common Denominator

You really can't miss all the pink-festooned activities in October that are designed to bring awareness to the issue of breast cancer. But the last few months of the year bring awareness campaigns for a variety of health and wellness issues.



September is National Cholesterol Education Month, National Ovarian Cancer Awareness Month and National Menopause Awareness Month. September 22, the first day of Fall, is National Falls Prevention Day. In addition to breast cancer awareness, October brings Bone and Joint Health Awareness Week. And in November we bring our attention to

American Diabetes Month and National Alzheimer's Disease Awareness Month.

Whew! That's a lot of health issues to worry about in just a few months. And I'll bet every one of you reading this knows someone affected by at least one of those health issues.

The one common denominator among all these wellness concerns? ***Regular, moderate exercise and a balanced diet of mostly whole foods is recommended as prevention or treatment for all of them.*** That's right. Every one of these public health concerns could be made less common or less severe with simple lifestyle changes, like getting the [recommended amounts of exercise](#) and eating a diet of [more fruits and vegetables](#) and fewer processed foods.

Action Item: Remember that prevention begins long before you become ill. Honor the people you care about by making your own health and theirs a top priority in your life. Grab a friend and take a 15-minute walk today--it really is that simple to get started. Then do it again tomorrow and every day thereafter.

For more ideas about how to stay healthy and age vibrantly, subscribe to the Prime of Life Fitness [Fitness Over 40 blog](#).

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