



**3-1) The Ten Commandments  
Physical Wisdom  
Health**

# 3-1-1) The Ten Commandments of Healthy Eating

Source: Elizabeth Patton MS, RD, LD, CDE -Around the Plate

1. Eat breakfast every day.
2. Pack a lunch and snacks for work every day. Planning and preparing your meals will help you avoid temptation.
3. Eat at least one vegetable at lunch and dinner. Vegetables are lower in calories, great sources of vitamins and antioxidants, and packed with filling fiber.
4. Don't let yourself get too hungry. We all know what happens when you're too hungry come meal-time.
5. Use a calendar to plan weekly dinners — whether it's just you, two or a whole family.
6. Measure your food, at least occasionally, to keep portion sizes in check.
7. Purchase mostly whole, natural and unprocessed foods. They're the healthiest, bottom line, because there's nothing added. They're what Mother Nature intended.
8. Cook most meals at home; dining in should be a special occasion! Restaurant foods are major sources of extra calories, fat and sodium. Instead, make dinners at home a special occasion!
9. Come up with a plan for exercise and stick to it.
10. If you blow it, forget it. Get right back on track

# 3-1-2) The Ten Commandments of A Healthy Heart

Source: National Institutes of Health

1. Know your risk factors for heart disease.
2. Talk to your doctor about how to lower your risk for heart disease.
3. Have your blood pressure checked regularly.
4. Know your cholesterol numbers; Total cholesterol, HDL or "good" cholesterol, LDL or "bad" cholesterol, and triglycerides
5. Have your blood sugar level checked for diabetes.
6. Do not smoke cigarettes or use other tobacco products and limit your exposure to secondhand smoke.
7. Have a healthy diet eat to protect your heart health.
8. Get regular physical activity. At least 150 minutes of moderate physical activity each week.
9. Aim for a healthy weight and maintain it.
10. Know the signs and symptoms of a heart attack and the importance of calling 911 immediately.



# 3-1-3) The Ten Commandments of Mediterranean Diet

Source: ABC Health and Wellbeing

1. Use olive oil as the main added fat (aim for around 60 mls /day);
2. Eat vegetables with every meal (include 100g leafy greens and 100g tomatoes, and 200g other vegetables/day);
3. Include at least two legumes meals (250g serve) per week;
4. Eat at least two servings of fish (150-200g serves) per week and include oily fish: for example Atlantic and Australian salmon, blue-eye trevalla, blue mackerel, gemfish, canned sardines, and canned salmon. Canned tuna is not as high in the important fish oil omega-3, but still a good choice to include in your fish serves.
5. Eat smaller portions of meat (beef, lamb, pork and chicken) and less often (no more than once or twice a week);
6. Eat fresh fruit every day and dried fruit and nuts as snacks or dessert;
7. Eat yoghurt everyday (about 200g) and cheese in moderation (about 30 to 40 grams per day);
8. Include wholegrain breads and cereals with meals (aim for 3-4 slices of bread per day);
9. Consume wine in moderation (one standard drink a day, which is about 100 mls), always with meals and don't get drunk. Try and have a couple of alcohol free days a week;
10. Have sweets or sweet drinks for special occasions only.

# 3-1-4) The Ten Commandments of Signs of Alcohol Abuse

Source: Health News by Active Beat

1. **Temporary Memory Loss and Blackouts** - If you consume so much alcohol that you continually black out or can't remember pieces of your night, it could indicate a drinking problem.
2. **Drinking to Cheer Up** - If you rely on alcohol to boost your mood, this signifies an unhealthy dependence. Any mood-enhancing effect alcohol may have is only temporary.
3. **You've Tried to Quit Drinking But Can't** - Alcohol creates a physical dependence. Your body comes to rely on it and you will suffer potentially serious health problems if you go into withdrawal.
4. **You Drink to be "Normal" or "Fit In"** - You shouldn't need alcohol to feel a sense of normalcy. If you do, it can indicate that you are relying on alcohol as a mask for avoiding deeper issues.
5. **Flushed Skin/Broken Capillaries on the Face** - One of the physical signs of chronic alcoholism is flushed skin and broken capillaries on the face. The constant presence of alcohol in your bloodstream can damage the skin as well as smaller blood vessels.
6. **Trembling Hands** - Trembling hands are one of the most common symptoms of alcohol abuse.
7. **Problems with Family Members as a Result of Drinking** - If you're having recurrent arguments with friends and family members in regards to your drinking habits, this may be a clear indication that your habits are more serious than you think.
8. **Drinking in Secret or Lying About Your Alcohol Intake** - If you feel the need to drink in secret or lie to family and friends about how much alcohol you consume, it's safe to say there's something wrong.
9. **Anxiety, Insomnia, Nausea When You Stop Drinking** - We experience anxiety, insomnia, and nausea after a night of drinking—these symptoms are normal parts of a hangover.
10. **Drinking in the Morning** - If you've started drinking first thing in the morning, you almost certainly have a problem with alcohol.

# 3-1-5) The Ten Commandments of Healthy Eating

Source: [Search AroundthePlate.org](http://SearchAroundthePlate.org)

1. Eat breakfast every day. Breakfast gets your metabolism moving.
2. Pack a lunch and snacks for work every day. Planning and preparing your meals will help you avoid temptation.
3. Eat at least one vegetable at lunch and dinner. Vegetables are lower in calories, great sources of vitamins and antioxidants, and packed with filling fiber.
4. Don't let yourself get too hungry. We all know what happens when you're too hungry come meal-time — our best laid plans tend to fly right out the window! If it's going to be 4-5 hours before your next meal, plan for a snack.
5. Use a calendar to plan weekly dinners — whether it's just you, two or a whole family. It's another step in being prepared so that you can make healthy meals fit your schedule.
6. Measure your food, at least occasionally, to keep portion sizes in check. We all need a portion size check-up now and then.
7. Purchase mostly whole, natural and unprocessed foods. They're the healthiest, bottom line, because there's nothing added. They're what Mother Nature intended.
8. Cook most meals at home; dining in should be a special occasion! Restaurant foods are major sources of extra calories, fat and sodium.
9. Come up with a plan for exercise and stick to it.
10. If you blow it, forget it. Get right back on track. It will happen at some point and it happens to everyone. It's most important that you get back on the wagon and keep pushing forward. Living healthy is a lifelong goal.



# 3-1-6) The Ten Commandments of Exercise

Source: Brian Copeland – Core Fitness

1. **Thou Shalt Not, Not Exercise;** If you don't maintain it, you will lose it, the same goes for your mind.
2. **Thou Shalt Do No Harm;** Exercise is about focus, concentration, improvement and tracking.
3. **Thou Shalt Be Functional;** If you want to feel better then your exercise choices should make you feel looser, more relaxed, improve your range of motion. Pretty much ditto for injury prevention.
4. **Thou Shalt Make Progress;** Start doing things to ensure continued progress. You should understand how your body works.
5. **Thou Shalt Feel Better When Done Exercising;** you should feel better after your exercise session
6. **Thou Shalt Not Seek Exercise for Entertainment**
7. **Thou Shalt Be Able to Do;** your exercise should prepare you to do the exercise ability.
8. **Thou Shalt Do Resistance Training;** Lifting/Pushing/Pulling
9. **Thou Shalt Apply the Minimal Effective Dose;** Just the right amount of exercise = results, progress, improvement
10. **Thou Shalt Focus on Quality Over Effort;** Simple common-sense advice quality exercise while avoiding injuries.

## 3-1-7) The Ten Commandments of Sleep

1. Go to bed and wake up at a set time regularly
2. Limit time spending on bed
3. Do not put clock in bedroom
4. Exercise for 20 to 30 minutes daily before 5-6 hours to bedtime
5. Limit taking coffee, tobacco, and alcohol. Drink coffee before noon
6. Relax for a rest by drinking milk and taking a warm bath
7. Do not a nap
8. Consult with your doctor whether your medicine affects your sleep
9. Have a light dinner before 2 hours to bedtime. Stay away too spicy and fatty dinner. Never overeat or overdrink alcohol
10. Take away TV from your bedroom



## 3-1-8) The Ten Commandments of Better Sleep

1. Try to maintain a regular sleep routine schedule.
2. Develop a 30 minute pre-sleep routine for mind and body to wind down from the stress and activity of the day.
3. Bed should be used only for sleep.
4. Bed partners may seem to promote a sense of comfort. Decide what is truly best for your sleep.
5. A 30 to 45 min. dose of early morning light is vital to maintaining your natural sleep.
6. Regular exercise is essential for sleep; before 4 to 6 hours;bedtime
7. A light snack of carbohydrates is fine; Avoid stimulants like sugar, high fructose corn syrup and nicotine.
8. Avoid coffee or alcohol during 4-6 hours before bedtime.
9. Remove or do not watch the clock during the night.
10. Napping correctly can be very healthful but only after having successfully used techniques to recondition sleep.

# 3-1-9) The Ten Commandments of PATIENT SAFETY

1. **Speak Up:** If at any time you have concern for your safety or the safety of those around you, please tell us.
2. **Accurate Health Status:** Provide us with up-to-date information of your past and present health history because this helps us take better care of you.
3. **Medications:** We want you to be knowledgeable about the medications you are taking.
4. **Minimizing Falls:** Our clinical staff assesses every patient for risk of falling while in the hospital.
5. **Identification Required:** Expect all caregivers to ask your name, date of birth, and check your ID band frequently.
6. **Healthy Hygiene:** We expect you and your visitors to maintain the highest personal hygiene in our hospital environment and you should require the same from us.
7. **Understanding Each Procedure:** When you'll be undergoing an operation or procedure, make sure that your doctor has explained how it will help you, what the risks and possible outcomes are, and what other types of treatment may be available.
8. **Surgical Safety:** Before an operation or procedure, expect your caregivers to check your identity, the specific operation or procedure planned, and the site of the operation/procedure.
9. **Safe Activity:** Your doctor will determine a specific level of activity that's appropriate while you are a patient in one of our hospitals.
10. **No Smoking:** Health First is proud to be tobacco-free on all hospital campuses and facilities .

## 3-1-10) The Ten Commandments of Omega 3 Brain Food

1. Eat salmon.
2. Eat herring.
3. Eat sardine.
4. Eat shad.
5. Eat trout.
6. Eat north atlantic ocean mackerel.
7. Eat whitefish.
8. Eat pacific ocean mackerel.
9. Eat flounder sole.
10. Eat Pollock.



# 3-1-11) The Ten Commandments of The Heart Health Karma

## Source: The Body Karma

1. **EAT PLANTS** - Eating a plant-based diet, and “swapping beef for beans,” as one of the best preventative measures one can take in terms of heart health.
2. **MOVE YOUR BODY** - Vigorous vinyasa flow targets all aspects of a good “workout,”.
3. **PUT THE BREAKS ON STRESS** - Stress negatively affects us in every possible capacity. “sudden stress increases the pumping action of the heart, while at the same time causing arteries to narrow, constricting blood flow to the heart.”
4. **DETOXIFY ON THE DAILY** - Keeping the body low on toxins will help all of your organs function optimally.
5. **LOVE, AND THEN LOVE A LITTLE MORE** - Love emotionally, love mentally, love physically.
6. **LAUGH (AND THEN LAUGH A LITTLE MORE!)** - Laughter boosts circulation and increases heart rate, which, in turn, boosts cardiovascular health. Laughing also tones the abdominal muscles making the core stronger.
7. **MINDFULNESS** - Mindfulness can mean many things but, at its core, mindful living means choosing activities, surroundings and fuel that is holistically beneficial to the body.
8. **SMOKE FREE IS THE WAY TO BE** - Smoking is a major cause of coronary artery disease.
9. **BREATHE** - The heart needs oxygen, circulating oxygen (both from exercise and deep belly breathing) creates happy cells.
10. **EAT SOME DARK CHOCOLATE** - Chocolate contains potent antioxidants, namely flavanols and flavonoids; *real* chocolate; unprocessed, unsweetened, preferably organic and raw cacao.

# 3-1-12) The Ten Commandments of Eating Better

Source: Skinny Chef Jennifer Iserloh

- 1) Thou shalt abandon fast food
- 2) Thou shalt not drink soda
- 3) Thou shalt not foster bad feelings about food. Changing your mindset when it comes to food can have a huge impact on how you look and feel.
- 4) Thou shalt limit the amount of times you eat out weekly
- 5) Thou shalt not let hunger lead you to bad meal choices
- 6) Thou shalt not use highly processed ingredients to make meals
- 7) Thou shalt not let one food item limit your chances for losing weight or eating better. Have a “soft spot” for the ice cream tub lurking in your freezer?
- 8) Thou shalt not let food commercials and fad diets dictate what you eat and what you place on your dinner table
- 9) Thou shalt make peace with your cravings
- 10) Thou shalt learn to celebrate food. Learning to enjoy and appreciate healthy home-cooked meals is the easiest and best way to make healthy eating habits stick

# 3-1-13) The Ten Commandments of Living Younger

Source: Pritzker School of Medicine in Chicago

1. Reduce stress. High stress makes 32 years older than your own age.  
Lots of laugh will release your stress and strengthen immune system.  
You will be 15 years younger and live 20 years longer than your life expectancy.
2. One with a normal blood pressure is 25 years younger than one with a high blood pressure.
3. One who does his regular physical checkup and takes care of his medical problems lives 12 years longer than one who does not.
4. You will be 6 years younger if you take vitamin C (1,200mg) and calcium (1,000-1,200mg) daily.
5. You will extend your life 8 years longer if you do not smoke and stay away second smoke.
6. Clean your teeth diligently. Your dental care makes you 6.4 years younger.
7. You will be 5.6 years younger if you develop a life time learning attitude.
8. You will live 5 years longer if you exercise and take 20 minutes walk daily.
9. You will become 3.4 years younger if you keep "Safety First" habit and wear seat belt.
10. One who takes 2g fiber becomes 2.5 years younger than one who takes 12g fiber.



# The Ten Commandments

The End

