**Health Rocks @ 7020**

**Self-Care – A Healthy Lifestyle!**

Our self-care starts with a healthy lifestyle. A healthy lifestyle requires a balance between behavioral, nutritional, physical, spiritual, and environmental well-being to achieve and maintain the “sweet spot”, if you will, required to navigate our path to health and wellness. “Optimal health is a way of living that helps us realize our potential to support the quantity (longevity) and quality of life.

Self-care, I believe, is a most essential component necessary to live our best life!—to have purpose, to set goals, to prioritize relationships, to get adequate rest, to be a giver, rather than a taker, and to have access to resources/support are all significant in defining the life we deserve.

During this very stressful time, as it relates to the pandemic, what are you doing to ensure that you are taking the very best care of yourself? How are you sleeping? How are you eating? Are you taking a daily 10-minute walk? Are you swimming a few daily laps? Or riding your bike for a few miles every day?

Fellow Rotarians, by taking that first step on our journey to a healthy lifestyle, we are on our way to arrest the chronic diseases that plague our very being and to improve the quality of life for our family and the community in which we live. Before COVID-19, we were living with a diabetes endemic, making this “a two-punch assault” on our health and wellness. Nonetheless, armed with the right education/awareness, we can be empowered to fight back the attributes related to the onset or worsening conditions of living our best life! ***Together, we can win!***

Finally, make sure you find time for laughter, especially during this or any crisis. We need to find ways to turn stressful moments into light-hearted ones — whenever we can.

Stay well,

Cheryl

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