

# 7 Luxurious Ways To Unwind At Home



Whether you're anxious about your family, the pandemic, health, or money, taking time to unwind at home can be restorative. Being able to relax is important for your physical and mental health. Here are seven ways to soothe your mind, boost your health, and relax in style.

## 1. Enjoy some home IV treatments

Modern concierge healthcare services allow you to experience the benefits of various health-boosting treatments in the comfort of your own home, such as IV therapy

If you want to recover quickly from illness, for example,

Exosome IV treatment helps to stimulate the body's natural healing mechanism. It promotes fast healing, reduces inflammation and helps with local tissue repair. Concierge MD, NanoView Bio, Azenta and other private services offer [at-home exosomes therapy](#) in Los Angeles and other cities.

## 2. Create a meditation room

Your meditation room could be a room you don't often use, like a guest bedroom or outdoor space, like a patio. Decorate with pillows, throw blankets, candles, a yoga mat and an aromatherapy diffuser. Use relaxing essential oils like camomile, neroli, lavender, ylang-ylang and bergamot in the diffuser.

You can select a regular time every day to visit this space. If you do this in the morning, you can set a goal for the day and think about what you're grateful for in your life to improve your spirits and help motivate you. There are also many apps you can download that offer guided meditations.

## 3. Make your shower a soothing escape

As you stand in the shower with your eyes closed and the steaming water pounding your aching body, you experience some stress relief as your muscles start to relax. Making this experience more luxurious will transform an ordinary shower into a spa-like experience.

Upgrading your shower head is a good start. A rain showerhead offers an amazing experience, while shower bombs filled with essential oils will release a pleasant scent in the steam. Other products like scrubs and super-charged washes will help you to get even more benefit out of the experience. Bring nature in with some plants and make sure you have a super soft and fluffy towel to dry off with.

## 4. Invest in a massage chair or cushion

Consider investing in a massage chair. It could quickly become your favorite chair in the house! You can customize a massage using the remote control to set the strength, speed and focus area. Many massage chairs have advanced features like neck and back rollers. Experiencing a full-body massage will relax you completely, help improve your circulation, relieve tension headaches, and reduce your stress levels.

If you don't have the space for a massage chair, a massage seat cushion could work for you. Vibration nodes and a remote control allow you to choose which parts of your back it focuses on and after a long day of work.

#### 5. Bring luxury back to your bedroom

Sleep is one of the most important needs to support your overall health and wellness, and not getting enough of it can have many negative consequences. Make sure you have a bed that offers good support to your back with a firm mattress and a supportive pillow. Your bedroom should be well ventilated and dimly lit.

When it comes to your bedding, soft cotton sheets with a high thread count can add a touch of luxury and keep you cool. Wear a rejuvenating eye mask, and you will wake up looking refreshed.

#### 6. Indulge in a manicure or pedicure

Investing in a quality at-home kit can offer you salon-quality results. It's a great way to take time for yourself and ensure that you relax. If you want to walk away with a salon-quality manicure and pedicure you do for yourself at home, you should always use a base coat and a top coat.

Moisturize before you start and make sure you clean your tools after each use to avoid bacteria build-up. Roll rather than shake your nail polish bottle to prevent bubbles from forming; this allows for smoother application. Make sure nail polish

thoroughly dries in between layers.

## 7. Stock up on dark chocolate

Chocolate may be just one of the best comfort foods in the world, and it isn't necessarily bad for your health! Raw chocolate or dark chocolate high in cocoa solids is better than milk chocolate. Chocolate is high in magnesium and contains anandamide, a neurotransmitter that can help you experience a sense of calm. It can also raise your endorphin levels, so there is good reason to unwind with some chocolate. Just a little piece every now and then will help you feel good.

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# Sports Teams with Celebrity Owners





There are a number of sports teams located around the world that have celebrity owners. Sports has always been [a popular activity for many](#), therefore it does not come as a surprise that there are a number of global names who have brands that can afford to purchase and own these teams.

Indeed, when they have the money, it is one way in which they are able to enhance their business portfolios and further diversify. With many famous owners around, it is worth taking a look at the teams that have celebrities manning them, and seeing what they have managed to do with them, what they cost, etc.

## **Magic Johnson**

Famous for his ability on the basketball court, Magic Johnson has a few different options in regards to the sports teams that are located in Los Angeles. Johnson has a stake in the Los Angeles Lakers and a huge share in the Los Angeles Dodgers.

In fact, he was involved with the group that parted with \$2 billion to acquire the Major League Baseball franchise back in

2012, and that fee looks to have been a bargain as the team has become highly successful. The team dominates the MLB, and are believed to have the highest chance of winning the National League 2021, according to the .

He also played a role in making the WNBA Los Angeles Sparks franchise into what it is today, while he was also a catalyst in the Los Angeles FC franchise in Major League Soccer.

## **Michael Jordan**

Magic Johnson is not the only former basketball player to have decided to go into the world of owning a sports team, as Michael Jordan also did something similar. Known as one of the best basketball players in the business, Jordan acquired a minority stake in the Charlotte Bobcats in 2005, before buying up the majority stake in 2010 and turning the team into what they are known as today: Charlotte Hornets.

## **David Beckham**

One of soccer's biggest superstars, David Beckham is an owner behind one of the newest football teams in the MLS; Inter Miami. The former England international wanted to provide Florida with an expansion team to compete with Orlando City, thus allowing for the introduction of Inter Miami.

Gloria Estefan, Fergie, Serena and Venus Williams and Marc Anthony

The one thing that these mega-celebrities have in common? Owning a minority share in the NFL franchise, the Miami Dolphins. Each only has a 1% share in the team, but it still cost them around \$10 million to have, while the owner, Stephen Ross, wanted to include some diversity to represent Florida more accurately.

## **Justin Timberlake**

Justin Timberlake owns part of the Memphis Grizzlies, as he was involved in the group purchase from Tennman Group, LLC in 2012. 'JT' saw the group acquire around 3% of ownership for \$5 million, and it is a deal that has worked out for him as he was born in Memphis and wanted to support the team from his hometown.

## **Usher**

Usher is another huge musical star that has managed to get involved in the NBA scene, as he participated in a group purchase for the Cleveland Cavaliers back in 2005. Having spent \$375 million to acquire the basketball franchise, the singer witnessed LeBron James take his team to five NBA Finals and finally get their first Championship in 2016.

## **Will Smith and Jada Pinkett-Smith**

The Smiths might be a little estranged at the moment, however they were strongly supportive of each other when they decided to acquire a portion of the Philadelphia 76ers in 2011. The group that they were a part of are believed to have paid \$280 million for the stake. As the "Fresh Prince of Bel-Air" theme song stated, Will Smith was born and raised in West Philadelphia, so it made sense for him to buy his hometown team when the opportunity arose for him to do so.

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## **Fitness Tips: 3 Secrets of**



# Hollywood Stars



These days, people spend much time at home. They don't just work at the desk, but also relax there, watching YouTube videos or using this [betting site in Nigeria](#). But it affects our health in a terrible way.

**Want to avoid the negative results of a sedentary lifestyle? Follow these secrets from Hollywood stars.**

**Don't Get Carried Away With Sports Drinks and Protein Bars**

Do you still think your candy bar is made up of protein? But it tastes more like chocolate or cookies. It definitely has



sugar and maybe some low-quality purified protein. A candy bar is no match for fish, poultry, steak, eggs or nuts.

Many sports drinks are high in sugar and sodium, and some also have caffeine, which can interfere with digestion. Sure, they can cause a sudden burst of energy, but it will go away just as quickly.

Jonah Hill managed to lose as much as 40 pounds. The main motivation of the actor was his beloved girl, and he managed to achieve success with the help of a complete rejection of alcohol, fast food, carbonated drinks and sweets. Now John leads a healthy lifestyle and regularly devotes time to sports.

### **Choose Intensive Workouts**

Working out with high intensity increases your metabolism. But in order to do so, you must visit your doctor and make sure that the increased heart rate will not harm you.

The most suitable exercises to “raise” the heart rate is a minute run at high speed on a treadmill, with a rope or running in place, you can also add kickboxing. Cardio workouts can be done on an empty stomach in the morning, which is the perfect time to burn fat.

Chris Hemsworth started preparing for the role of Thor six months in advance. To build muscle mass, the actor focused on strength training, and the basis of his diet were high-protein foods (meat, chicken, eggs), protein shakes, and unprocessed carbohydrates. Chris was constantly counting calories and amounts of fat, protein and carbohydrates.

### **A 15-minute Workout a day Is Better Than Nothing**

Of course, the best results come from a full-body workout. But if you're short on time, a regular 15-minute workout can produce noticeable results.

Drink 0.5 liters of still water before and after your workout. Don't skip breakfast, it should be the most calorie-dense meal of the day.

Kelly Osbourne has never been a slim girl, but it seems that the girl is pretty fed up with it, and she took up the cause. The first point in her struggle was giving up fast food. She also drastically cut back on pasta, white bread and sugar. She accustomed herself to exercise gradually. Regular exercises in the gym with an instructor gave the girl a trim body.

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## **Fitness Tips: Best Stress-Relieving Workouts**





By Nicole Maher

It seems like our schedules get busier and busier every year. Whether we are working from home or going into the office, it can still be challenging to find time to both relax and workout. If you are looking to kill two birds with one stone, try incorporating some of these [fitness tips](#) into your weekly routine to both stay on track with your fitness goals and relieve some of your everyday stress.

## Check out these fitness tips on the five best workouts to relieve stress.

**1. Workout-of-the-day:** If you're someone who enjoys changing up your schedule day-to-day, taking part in a workout-of-the-day program could be a great way to relieve some stress and keep you on track with your fitness goals. Many of these programs are in video format, and offer five to six different workouts that last around thirty minutes. Having a variety of

options to choose from for your daily workout can help keep your packed schedule a little more spontaneous while still keeping your allotted amount of time for working out consistent throughout the week.

**Related Link:** [Fitness Tips: 5 Yoga Poses for Stress Relief](#)

**2. Yoga:** One of the best workouts for relieving stress is yoga. As yoga places emphasis on both exercising the body and the mind, it allows you to relieve both physical and mental stress. There are also countless different types of yoga for people of all skill levels, so if you've never tried this exercise before, there are still plenty of options for you to pick from. Despite seeming low impact, yoga can also help with overall body strength and balance, therefore giving you some of the physical benefits of working out along with the stress relief.

**Related Link:** [Fitness Tips: The 6 Best YouTube Workouts to Try Right Now](#)

**3. Pilates:** Some people really like to burn out their stress by taking part in high intensity workouts. If this is the case for you, try incorporating a Pilates workout into your weekly schedule. These workouts typically include the use of bodyweight, ankle weights, and resistance bands, making them perfect for strength training. While guaranteed to make you sweat, Pilates workouts come in different intensities. So if there is a day where you don't feel the same drive to workout, you can still relieve some stress with a modified workout using the same equipment.

**4. Sports:** Our hobbies are also a great way of relieving some stress through movement, especially if one of your go-to hobbies is a sport. Playing pick-up games of basketball or soccer with some friends helps relieve stress by getting your body in motion, as well as socializing with others. Even going to a court or field for a little while and practicing a sport

by yourself can help clear your mind from whatever stress you are feeling. This fitness tip is also beneficial in the fact that you don't need to learn any new skills for a workout, as the sport is something you are already familiar with.

**5. An outdoor run:** In a world where we are doing so much from our houses, sometimes simply stepping away from our computers for a little while and going outside can help relieve stress. If you live in an area that allows you to, try incorporating outdoor walks or runs into your fitness plans for the week. The walks and runs will keep you burning calories to stay on track with your fitness goals, and the fresh air will genuinely do wonders for relieving stress and allowing you to clear your mind.

**What are some other workouts that are perfect for relieving stress? Start a conversation in the comments below!**

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## **Fitness Trends for 2021**





By Carly Silva

2020 has been a chaotic 12 months, but this new year calls for new beginnings, and that means new workout routines. Getting fit this new year is a great way to start 2021 off with a fresh start, but choosing your workouts might look different than normal.

**If you're looking to get in shape this new year pandemic-style, check out these new [fitness trends](#) to follow in 2021!**

**1. Utilize at-home workouts:** With the coronavirus pandemic surging the country, staying at home is one of the best ways to stay safe, and that doesn't have to mean skipping the gym. Bring the workouts to your own home by following along in YouTube or online workout programs. This is a great way to stick to a fitness routine without the risk of leaving your

home.

**Related Link:** [Fitness Tips: 5 Yoga Poses for Stress Relief](#)

**2. Find outdoor workouts:** Outdoor workouts are becoming a very popular trend during the coronavirus pandemic, as staying outside is much safer than being indoors. Try finding classes that are held outdoors, or conduct your own outdoor exercise like bike riding or hiking.

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**3. Focus on health-oriented workouts:** A lot of times, workouts are focused on improving body fitness and appearance. But this year, health is increasingly important. Make sure to remember to focus on your health by choosing workouts that will improve cardiovascular health so that your body stays healthy all year long.

**4. Find gyms with good hygiene standards:** Another major trend this year is finding places with good hygiene standards and coronavirus precautions, especially gyms. Be sure to do research about your gym's efforts to keep members safe, and keep health and safety as a priority throughout your workout.

**5. Try exercising the mind, too:** Another fitness trend to follow in 2021 is to remember to take care of your mind just as much as your body. The coronavirus pandemic has brought on a plethora of distress for everyone, so keeping your mind, body, and spirit in good health is a must for 2021. Try to focus on workouts that release serotonin for you, or even think about adding a meditation to the end of your workouts to take care of your mind as well!

**What are some other fitness trends to follow in 2021? Start a conversation in the comments down below!**



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# Fitness Tips: How to Stay Consistent with Exercising this New Year



By Nicole Maher

With the new year comes new motivation to start exercising and achieving your fitness goals. However, sometimes this motivation disappears quickly and we find ourselves falling out of our fitness routines early on. If you are looking to create a workout routine that you can stick to all year, try incorporating some of the following [fitness tips](#) to start you off on the right path as the new year begins.

# Use these five fitness tips to help you exercise consistently in the New Year.

**1. Set realistic goals:** One mistake that many people make when setting fitness goals at the beginning of the year is to expect extreme results right away. Rather than starting out the year with one large goal, try to make smaller goals for you to achieve as the year progresses. Having a smaller amount of weight to lose each month, or a specific food to cut back on, is better than focusing on one large goal that may end up seeming unachievable. As you reach your smaller goals, you will eventually reach the same end result you desired from the beginning.

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**2. Recruit a friend:** You are more likely to stick to any kind of routine when someone else is holding you accountable, so recruiting a friend to help you through your fitness journey is a beneficial step. While you and your friend may not be able to workout together, or even have the same fitness plan, having someone to report to following a workout can make you more likely to complete it. Keeping a weekly planner where you can cross-off completed workouts is another great way to hold yourself accountable and feel like you are making progress.

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**3. Expand your plan:** You may have so much motivation in the beginning of the year that you overload yourself with new workouts. However, making your fitness routine too big at the beginning can cause you to burnout faster. Instead, try making a fitness plan that allows for room to grow and expand. Focus on one or two specific areas of fitness for the first few

weeks, then gradually add different workouts as the year progresses. This will make you feel even more productive as well as allow your body to gain the necessary strength needed to complete a heavy fitness routine.

**4. Make it enjoyable:** When you are doing workouts that you don't necessarily enjoy, it makes it much more difficult to stick to your plan. Rather than selecting the most popular workouts, or the ones that are promised to give you the best results, use this fitness tip to select workouts you know that you'll enjoy. If you are not a huge fan of running, try getting cardio in other forms, such as dancing. The more you enjoy your personal workout routine and look forward to completing it each day, the more likely you are to stick with that plan long-term.

**5. Have patience with yourself:** One of the main reasons that people give up on their fitness goals shortly after starting is because they lose patience. In a world of two-week diets and short fitness plans, it is normal to feel frustrated when we don't see results as quickly as promised. However, it is usually both unrealistic and unhealthy to drastically change your body that quickly. Rather than losing patience and quitting your plan early on, keep reminding yourself that fitness plans take time to get the desired results, and that everyday you're getting closer to your goal!

**What are some other fitness tips to help you exercise consistently throughout the New Year? Start a conversation in the comments below!**

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# Health Advice: How to Prevent Weight Gain During the Holidays



By Nicole Maher

While there is so much to look forward to during the holiday season, one concern many people face is the possibility of weight gain. With higher calorie counts in holiday meals and the constant temptation of dessert, the idea of gaining weight can make the holidays feel more stressful. Try incorporating some of the following [health advice](#) for keeping your weight consistent this holiday season, and go into the new year feeling your best.

# Check out our health advice for preventing weight gain during the holiday season.

**1. Stay active:** The holidays can be a busy time, but it's important to keep exercising. Try to maintain your normal workout programs during the season to stay on track with your fitness goals. If you don't have time for a full workout on certain days, try completing smaller exercises sporadically throughout the day. By keeping your body in motion, you will prevent yourself from gaining weight and feel confident attending all of your holiday events.

**Related Link:** [Fitness Tips: How to Shed Holiday Weight After the New Year](#)

**2. Control portion sizes:** It's the holidays, and you shouldn't miss out on one of your favorite meals simply because you're concerned about gaining weight. Instead, try to manage the amount of food you're putting on your plate. If you know a certain dish has a high number of calories, try taking a smaller serving and counteracting the amount with more vegetables. This is also a great option for holiday desserts. By cutting a slice of cake in half, you'll still be enjoying your holiday favorites while maintaining a healthy diet.

**Related Link:** [Food Tips: 5 Healthy Lunch Options](#)

**3. Modify recipes:** Another way to monitor and prevent weight gain during the holidays is to modify recipes. Many holiday dishes and desserts are higher in calories and sugars than meals we may eat on a typical day. By substituting in ingredients with healthier options, you can still enjoy your holiday favorites while controlling your weight. Try switching out sugar with natural sweeteners, or baking a dish rather than frying it to cut down on extra calories.

**4. Manage stress levels:** Food is not the only factor contributing to weight gain during the holiday season. Stress levels also have a large impact on a person's body, and can cause someone to gain weight. Try finding new ways to manage increased stress during the holiday season, such as keeping a journal, talking to a professional, or allowing for some alone-time. Using this piece of health advice and testing different types of stress management can also provide you with effective ways to manage stress in the new year.

**5. Develop a plan:** There are going to be times during the holidays when you want to break your diet plan, and that's okay. Instead of constructing a tight plan when approaching the holiday season, allow for your diet plan to have some leeway. Factor in the possibility of having dessert on certain nights, or taking an extra serving of your favorite holiday meal. This will reduce some of the guilt you feel when eating something less healthy, and encourage you to continue your diet afterwards by alleviating any feelings of cheating.

**What are some other health tips to prevent weight gain during the holidays? Start a conversation in the comments below.**

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## **Fitness Tips: 5 Yoga Poses for Stress Relief**







By Carly Silva

Doing yoga is a great way to stay active and get in touch with your body. But, it isn't just great for physical health; it also does wonders for your mind and mental health. There are tons of yoga poses that will help you focus on mindfulness and breathing just as much as physical fitness.

**If you're in need of some new [fitness tips](#) that will help both your body and mind balanced, check out these five yoga poses for stress relief:**

**1. Child's pose:** Child's pose is one of the most popular poses in yoga, and it is great to help you calm down and relax. To do this pose, start by sitting on your knees. Put your big toes together and knees as far apart as you would like, then stretch your arms all the way out in front of your and let



your forehead touch the ground. This pose is great to do in the middle of an intense practice, or just throughout the day when you need to check in with yourself.

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**2. Forward fold:** Foreword folds are great to incorporate into any routine. Not only does a forward fold stretch your back or your legs, but it's also very balancing and calming. You can do a foreword fold sitting with your legs out in front of you, or standing with knees bent. Fold your entire torso as far down as you can go, and let your head be super heavy. This is a great passive pose, meaning that instead of straining and using muscles, you will be more focused on releasing the tension in your body and mind.

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**3. Bridge pose:** This pose is another one that is great for releasing all of the tension and chaos going on in your body and in your mind. To do this pose, lay on your back with your legs bent and feet on the floor. Slowly squeeze your gluts to bring your pelvis up as far as you can go, but don't tense up in your arms or neck. Keeping that calmness in your upper body will feel super restorative, especially if you stay in this pose for a few minutes.

**4. Legs up the wall:** Legs up the wall, which is done exactly how it sounds, consists of laying down on your back, and letting your legs rest completely straight up against a wall. This pose is great, especially for anyone with an anxious or restless mind, as it forces your body to de-stress and calm down.

**5. Corpse pose:** Corpse pose is probably the easiest pose here, and it mostly consists of just laying down flat on your back with your arms out on either side. It can seem simple, but

allowing yourself the time to lay in this position without having to worry about other tasks or responsibility is a great way to give your mind a break and reset for the day. Corpse pose is great to do at the end of a yoga practice, in the middle of the day, or right before bed as a cool-down exercise.

**What are some other yoga poses you love? Start a conversation in the comments down below!**

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## Food Tips: 5 Healthy Lunch Options



By Carly Silva

Eating a healthy lunch isn't always easy, especially if you find yourself to be extremely busy during the day. Sometimes, it seems easier to reach for something unhealthy and quick, or resort to getting takeout for lunch, but there are plenty of fun lunch recipe options that are quick, easy to prepare, and healthy!

**If you're in need of some [food tips](#) for a clean mid-day meal, here are five healthy and tasty lunch options.**

**1. Taco salad:** A taco salad is a great idea for a tasty and filling lunch during the day, and it can be as simple as you'd like. All you need is ground turkey with brown rice, or even cauliflower rice to keep it super healthy. Top it off with shredded lettuce, tomatoes, black beans, and corn to get some veggies in and stay full throughout the rest of the day!

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**2. Turkey roll-up bistro box:** A bistro box is a super easy lunch to make, especially if you don't have the time to cook or prep meals. All you need to do for this bistro box is roll up slices of turkey, with cheese if preferred, and stick a toothpick through them to keep them together. For the rest of the box, you can add other filling and health snacks like veggies, nuts, or cheese cubes. These bistro boxes are not only quick to assemble, but they're also super easy to transport if you're bringing it to work.

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**3. Veggie pasta salad:** If you find yourself needing some carbs throughout the day to keep yourself fueled, pasta salad is a great option, especially if you make it healthy. Start by using whole wheat or chickpea pasta, then add in some healthy veggies and toppings. Some great toppings are cucumbers, tomatoes, olives, and cheese. Feta and mozzarella cheese are perfect for this recipe, and you can always top it off with a light dressing if you need more flavor!

**4. Turkey burger:** Turkey burgers are a great healthy twist on the classic burger for lunch. Try eating a turkey burger on a lettuce wrap to make for a super healthy burger. You can also cut up the turkey burger and eat it over rice or in a salad as well.

**5. Stuffed avocados:** These stuffed avocados are a great way to get yourself full without indulging in unhealthy foods. To stuff an avocado, fill each half with the protein of your choice: turkey, tuna fish, or even beans. Then, top them with a little bit of your favorite cheese and put them in the oven to bake!

**What are some other healthy lunch options? Start a conversation in the comments down below!**

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## **Health Advice: Safe Use of Cleaning Products at Home**





It is important to read the label before using over-the-counter (OTC) medicines which can be used as cleaning products. It will help you take care of yourself and your family. All product substances should be labeled, which enables you to understand the role of the substance, how to use it, and make a concrete decision on whether to use it or not. Labeling of OTC medicines is recommended to enhance the safety of the consumers. After the "Drug Fact" label was introduced, the information has become easier for anyone to read and understand.

**There are many reasons why it's important to follow over-the-counter medicine labels, but the main one is that they help reduce accidental errors. Pharmacists have**

a standard procedure they use to manage their labeling, and the labels are distinct with instructions for both customers and pharmacists. They also help you to avoid errors of storage, as each drug has a required temperature it must be stored at to remain viable.

### **Isopropyl Alcohol 70**

This substance, [isopropyl alcohol 70](#), is a colorless liquid you can buy in a drug store. It is highly flammable and is used as a disinfectant killing all surface microorganisms. It is used to disinfect hands and equipment. You should handle it carefully and keep it out of the reach of children.

However, you should be careful about how you handle this product. It is a toxic substance, and your skin will quickly absorb it. Like other alcohol, it is flammable in the presence of an open flame, sparks, and heat. If you want to handle isopropyl in a working environment, ensure the substance does not come in contact with your skin. To avoid such injuries, wear protective clothing, including goggles and gloves. Your working area should also be well-ventilated. Isopropyl alcohol products used at home are less concentrated and toxic, compared to its counterpart for use commercially. Nevertheless, you should take the necessary precautions.

### **Bleach**

Bleach is actively used in homes because it acts as a stain remover and disinfectant. However, it is not an excellent

substance for general cleaning. Luckily, other cleaning substances are available.

When using bleaching chemicals at home, you should be careful, depending on the purpose you're using it. If you want to use it for cleaning, you should dilute it with water to ensure it is safe. However, if you're not washing manually, but with a machine, there is no problem; you can pour it into the machine. It will be diluted with water in the machine.

If you want to use bleach to clean surfaces, first clean the surface before sanitizing. Use bleach and mix with water to disinfect clean places. After it has come into contact for about five minutes, you can rinse off to air dry.

Household cleaning products are made with chlorine bleach. However, there are also some other types of bleach, including peroxide bleach. Bleach is commonly used to whiten clothing, remove mildew, and mold. Therefore, to safely use bleach, dilute with water.

## **Hydrogen Peroxide**

Hydrogen peroxide substance is another thing you should take precaution while using. It has a chemical compound  $H_2O_2$  meaning it has two oxygen and two hydrogen atoms. When in pure form, hydrogen peroxide is pale blue.

Hydrogen peroxide is usually packed in a dark brown bottle. If packed in a colorless bottle, it will break down and form plain water after exposure to light, air, and heat. The decomposition does not affect only that. When "fizz" disappears, only plain water will remain. When you buy hydrogen peroxide, store it properly in a cool and dry space where children can't reach it. After opening the bottle, ensure you have used it within a month to get the best results. However, you can still use it within six months after you open it.

There are different ways to use hydrogen peroxide. An example



is to clean your manicure and pedicure tools. Your tools, such as tweezers and eyelash curlers, will come into contact with bacteria and soil. When you dip them or run with hydrogen peroxide, it will sanitize the tools to prevent infections.

### **Bottom Line**

Drugs and other chemical products should be stored appropriately. Some are highly flammable and will require a well-ventilated, cool, and dry place. The room you store your products should not be around ignition sources such as sparks, flames, and heat. After use, dispose of all the waste products according to environmental control regulations.

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# **Health Tips: The Best Ways to Use Your Phone for Mental Health Help**





By Nicole Maher

When we hear the words “mental health” and “cell phone” in the same sentence, we usually assume that their correlation is going to be negative. However, there are many different ways to use your phone to record or improve your mental health. Whether it’s downloading an app or logging off a platform, your phone can help you alleviate stress or anxiety. By implementing some of these [health tips](#) into your daily routine, you can begin to use your phone as an asset in your journey to better mental health.

## **Check out these five health tips for using your phone to improve your mental health.**

**1. Mental health apps:** There are a large variety of mental health apps that can help you through a stressful or anxious time. Certain apps provide you with quick exercises to do throughout the day to slow your mind while others allow you to

track your mood over the course of a week. There are also more in-depth apps that allow you to speak directly with counselors through text or call, which can be a great resource for particularly hard days.

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**2. Journal entries:** Many of us may keep more in-depth journals at home, but your phone is another great place to record quick entries. Try using the notes app to write mini journal entries throughout the day so you can keep track of your thoughts and feelings. These entries can be as simple as bulleted lists you write while standing in line for coffee or riding the elevator to your office. You can then look back at them after a few days and determine if the same thing was on your mind for the entire week.

**Related Link:** [Health Advice: 5 Mental Health Tips for Cabin Fever](#)

**3. Calm playlists:** We create playlists for long road trips and throwing parties, so why not create one for calming ourselves down? Having a go-to playlist for when you are feeling anxious is a great way to start developing a routine for calming down. By playing the same music every time you feel yourself getting stressed or worried, your body will eventually associate these songs with the need to relax, and may begin doing so automatically. These playlists can include songs that remind you of happier memories, or simply be slow, mellow songs that help you relax.

**4. Guided meditation videos:** If your schedule is too full to make it to an in-person session, or if you haven't tried meditation before, listening to guided meditation videos is a great addition to your mental health routine. These videos range from as short as ten minutes to longer than an hour, and can be found on Youtube or music streaming platforms. You can

incorporate this mental health tip into your morning routine by listening to one before you leave the house, or put one on at the end of the day to clear your mind before falling asleep.

**5. Log-off socials:** It is no secret that social media platforms can be the root of certain stresses or anxieties. Whether you are experiencing FOMO from a certain event or feel yourself getting caught up in the latest news, logging off for a few days is an easy way to relieve some of that stress. Social media cleanses can help you return the focus to your personal life and work towards improving your overall mental health with less distractions. Once you are feeling better, it is as simple as logging back into your accounts and carrying on with your day.

What are some other health tips for improving your mental health through your phone? Start a conversation in the comments below!

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## **Fitness Tips: The 6 Best YouTube Workouts to Try Right Now**





By Carly Silva

Ever since the start of the Covid-19 pandemic and stay at home orders, online workout videos have become even more popular. Following along to an instructor on YouTube is an easy and affordable way to get your workout in without overwhelming your schedule. If you're looking for some [fitness tips](#) to help you get in shape, there are thousands of workout instructors online that are great to follow.

## **In these fitness tips, here are the six best YouTube workouts to try right now:**

**1. Yoga for Core and Booty – Yoga with Adriene:** This 30-minute yoga practice focuses on toning the core and glute muscles in a meditative way. Yoga workouts are a great alternative if you prefer slower-paced workouts and mindfulness as well.

**Related Link:** [Fitness Trends: 5 New Fitness Trends to Keep Up](#)

[With in 2020](#)

**2. Total abs and full-body workout – Chloe Ting:** This 20-minute workout with Chloe Ting is a high-intensity core workout that also gets your whole body working. This is the perfect YouTube workout to follow along with if you don't have a lot of time, but still want to get an intense workout in.

**Related Link:** [Fitness Tips for Working Out While Wearing a Mask](#)

**3. 90s Dance Party Workout – MadFit:** This workout is only 15 minutes long, but it will get your blood pumping. This full-body workout is an all-cardio routine which will definitely get you sweating. And, you will be listening to throwback 90s music the entire time, which will definitely pump you up!

**4. Power Yoga Class – lululemon:** This yoga class is a more intense, full-body power yoga workout. It is a 45-minute video that will especially work your legs, back, and hips, but will get your whole body moving and sweating.

**5. Hip Hop Fit Workout – POPSUGAR Fitness:** This 30-minute workout is perfect for beginners or anyone who isn't a pro at working out. The mix of dance and fitness will have you burning calories while also having a ton of fun!

**6. Extreme butt-shaping workout – blogilates:** This extreme-intensity workout from blogilates will have you working up a sweat while specifically working on toning the booty. This guided video is 30 minutes long, and doesn't include any breaks, so make sure you're ready to break a sweat!

**Do you know any other Youtube workouts? Start a conversation in the comments down below!**

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# Fitness Trend: Exercise Snacking



By Nicole Maher

Many of us began the new decade with high hopes of our fitness New Year's resolutions. However, with the shut down of gyms across the country and drastic changes to our daily schedules due to the pandemic, these goals may have appeared unachievable. Faced with these new circumstances, many people began to turn to the new [fitness trend](#) of exercise snacking as a way of staying in shape, or beginning their fitness journey.



# Find out some of the benefits of the new fitness trend, exercise snacking.

The question is, what is exercise snacking? Despite its name, it does not involve any food. Instead, exercise snacking refers to the act of breaking down a workout into five minute intervals throughout the day rather than completing it all in one sitting. Learn about the benefits of this new phenomenon:

**1. Fits into a busy schedule:** Whether we are working, attending classes, or spending time with friends and family, it can be difficult to devote an hour or more to working out during the day. Exercise snacking is a great way of breaking down workouts into smaller sections that you can fit between all the other activities in your day. Moving your body for five minutes before you leave for work or ten minutes before dinner can help you fit working out into your schedule without forcing you to compromise time on something else.

**Related link:** [Fitness Trends: 5 New Fitness Trends to Keep Up With in 2020](#)

**2. Great way to get started:** If you are just beginning your fitness journey, exercise snacking is a great way to start. Jumping straight into a two-hour workout when your body is not used to it can sometimes cause more harm than good. By taking part in the fitness trend of exercise snacking, you are allowing your body to warm up to new movements. Over time, you can increase the amount of five-minute circuits you do a day, or transition to longer workout sessions once your body has adapted.

**Related link:** [Fitness Tips for Working Out While Wearing a Mask](#)

**3. Useful addition to existing plans:** While exercise snacking is a great way to begin a fitness journey, it does not have as many benefits for those who are already deep into their fitness plans. However, it can still be a useful addition for the days that you can't make it to the gym or set aside a large amount of time. Rather than forgoing exercise for the entire day, try exercise snacking in the spare time you have between tasks to keep yourself on track for your fitness goals.

**4. Forgo the gym:** There are many reasons people choose to avoid the gym. Whether you do not feel comfortable in a gym setting, or are concerned about the current health conditions around us, exercise snacking is the perfect way to workout from home instead. Many of the exercises found in plans surrounding this new fitness trend only require an exercise mat or a few weights, and can easily be accomplished from the comfort of your living room.

**5. Master the moves:** Exercise snacking is the perfect way to learn a new move. Rather than switching between exercises every set, you are spending the entire five minutes working on one move. This will allow you to really focus on nailing the move and strengthening that part of your body rather than thinking about what exercise you are going to do next. Once you have this move mastered, it will be much easier to complete accurately if you eventually move to a longer workout routine!

**What are some other benefits to the new fitness trend of exercise snacking? Start a conversation in the comments below!**

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# Fitness Trends: 5 New Fitness Trends to Keep Up With in 2020



By Alycia Williams

The start of this new decade offers us a chance to reflect on both the past and the future. You want to make sure you're keeping up with the latest [fitness trends](#) as the trends are always developing and changing.

**Here are five new fitness trends to**

# keep up with in 2020:

**1. Wearable technology:** Smart watches, heart rate monitors, fitness trackers, and GPS tracking devices appeal to a wide audience, from those just beginning their fitness journey by counting steps and tracking sleep, to seasoned athletes who record every single workout to analyze their performance over time.

**Related Link:** [Fitness Tips for Working Out While Wearing a Mask](#)

**2. High-Intensity Interval Training (HIIT):** The HIIT style of training remains a popular trend in the fitness industry. In 30 minutes or less, exercisers can achieve an efficient, results-driven workout of high-intensity exercise followed by short rest breaks. HIIT training incorporates strength training, cardiovascular exercise, or a mix of the two, and can be done solo or as part of a group training class.

**Related Link:** [Health Advice: Exercise Is a Complementary Medicine for Chronic Conditions](#)

**3. Group training:** Group training involves five or more participants in a variety of workouts and exercise styles led by an instructor. Strength and toning class, yoga, indoor cycling, barre these classes are everywhere, and with good reason. Group training programs are designed to be effective for people of different fitness levels, creating a highly motivating environment that holds them accountable and helps foster a tribe-like mentality.

**4. Training with free weights:** The emphasis of free weight training is on ensuring proper form for each exercise. Once form is mastered, resistance and new exercises are added to build progressively.

**5. Personal training:** This style of training involves one-on-

one sessions among trainers and clients, where specific workouts are prescribed to help the client reach their unique needs and goals. Personal training is used for both strength and cardio training.

**What are some other fitness trends to keep up on for 2020? Start a conversation in the comments below!**

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## **Fitness Tips for Working Out While Wearing a Mask**



By Alycia Williams

During the pandemic it's really important that we wear masks when going outdoors, but going on your morning runs can seem really difficult with a mask on. Wearing a mask should not exempt you from continuing with your exercise regime, but what is true is you need to know a few [fitness tips](#) before you embark on masked fitness, whether you are a seasoned athlete or just an enthusiast.

## Here are some fitness tips for working out with a mask on:

**1. Start slow and easy:** Using the mask will increase the feeling of air hunger resulting from the accumulation of carbon dioxide, and what you need to do is gradually decrease your sensitivity to CO<sub>2</sub>. The best way to decrease your sensitivity and increase your tolerance to CO<sub>2</sub> is to slow down your breath and train yourself with nasal breathing before your workout.

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**2. Prepare your lungs:** If you just workout without preparing your lungs, you'll breathe fast and shallow, which makes you more prone to anxiety and performance fatigue. Before working out, start with a few slow breaths moving your belly and diaphragm. Your entire middle should expand as you inhale and squeeze as you exhale.

**Related Link:** [Fitness Tips: Mix Up Your Routine with These Celeb-Approved Workouts](#)

**3. Breathe through your nose:** Breathing through the nose will help you build up CO<sub>2</sub> tolerance, despite making you feel that you are not fast or efficient enough. You will leave fewer water droplets on your mask and keep it drier while decreasing your exposure to viruses and pollution. Ideally, you have a

few cloth masks in hand to change them, depending on the duration of your workout.

**4. Ladies need to be extra careful:** Women under the age of 48 need to be extra mindful, especially during their menstrual cycle. This is the time when your carbon dioxide levels drop by 25% caused by hormonal changes, and that typically means faster breathing, an increased heart rate, and a tendency towards fatigue and body pain, among other things. Be gentle with your body, take it easy and observe your body signals.

**5. Find the right mask to workout in:** Your comfortability is important, because if you're working out in a mask that is uncomfortable it'll lead to breathing heavier or not wearing it all. Try out different masks and find that one that's right for you.

**6. Plan for breaks:** Although you may be used to doing your workout routine without any breaks, you may want to reconsider. Wearing a mask while working is going to create a different experience for your body which will lead to your body becoming fatigued easier. Plan for some breaks in between your workout .

**what are some more fitness tips for working out with a mask on? Start a conversation in the comments below!**

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## **Health Tips: How Adopting a Pet Can Help Your Mental**



# Health



By Alycia Williams

Pets bring so many different emotions to many different people. Whether it's happiness and energy or relaxation and a sense of calm, pets tend to bring a different energy for all of us. In fact, pets can help with your mental health. Maintaining good mental health is so important, and having a pet can help maintain your mental health. [Health tips](#) are needed to decide whether you should get that pet you've always wanted.

**If you're indecisive on whether you**

# should adopt a pet, here are some health tips on how a pet can help your mental health.

**1. Pets can help us to relax:** To reduce stress and anxieties in your life, you can play with your pets. Taking care of a dog or cat can be a great way to increase your happiness and self-confidence.

**Related Link:** [Date Idea: Cuddle With a Furry Friend](#)

**2. Pets can get your mind off of your problems:** A person could do an activity with their pets that will give them a fresh perspective on things. Spending time with animals will get your mind off your fear-related problems and give you the energy to do other things.

**Related Link:** [Health Advice: 5 Mental Health Tips for Cabin Fever](#)

**3. Pets reduce loneliness:** Spending time with a pet can be a great source of companionship. Animals can be good company to all of us and can prevent the fear of being alone during our troubles.

**4. Pets are 100% faithful:** A pet will be by your side through the good and bad times. People in our lives come and go, but your pet will never leave you regardless of how bad your problems may be.

**5. You can find a pet that suits your needs:** There are many different breeds of dogs and cats you can choose from which can accommodate your lifestyle. Talk to a pet expert or a veterinarian on what type of dog to get that will fit in with your household.

**6. Pets are great for your health:** By adopting a pet, you will

be saving a life, an animal that could very well become your best friend. A pet will love you unconditionally. Adopting a pet can be beneficial to your health and can be one of the best things that you can do in your life.

**7. Pets help us build healthy habits:** Physical activity, time in nature, and getting up in the morning are things that we should be devoting time towards but a pet can ensure that you stick to those healthy habits.

**What are some other ways pets can help with your mental health? start a conversation in the comments below!**

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## **Health Advice: Diet Tips for Boosting Your Immunity**





By Alycia Williams

Boosting your immunity is crucial during these times, especially in light of the pandemic. You want to have the best immune system you can possibly have, and the only way you'll be able to do that is by getting some [health advice](#). We have some [health tips](#) for building your immune system.

**Here is some health advice when it comes to eating the right foods to strengthen your immune system.**

**1. Colorful fruits and vegetables:** Fruits and vegetables are the go-to for building your immune system. They contain all the essential vitamins that will give a boost to your immune system and help keep diseases at bay.

**Related Link:** [Health Trend: Intuitive Eating](#)

**2. Carrots, spinach and sweet potatoes:** These foods contain good compounds that help in cell proliferation, or rapid

growth of new cells in the body. This is a key component of immune system's health and thus these foods are important.

**Related Link:** [Health Trend: Hydration Hype](#)

**3. Vitamin C-rich foods:** Vitamin C is very beneficial in the quest to keep the immune system functional and healthy. Citrus fruits such as oranges and lemons can help with inflammation and prevent infections from occurring in the body.

**4. Omega-3 fatty acids:** These good fats are found in nuts and seeds such as flax or chia seeds. They help build a good and healthy immune system, according to research.

**5. Probiotics and fermented food:** These foods are loaded with good bacteria which help in maintaining a healthy gut. The gut is where 70% of our immune system is housed, which is why probiotics such as yogurt or kombucha can be a wonderful addition to the diet.

**6. Limit added sugars:** Emerging research suggests that added sugars and refined carbs may contribute disproportionately to overweight and obesity. Obesity may likewise increase your risk of getting sick.

**7. Stay hydrated:** Hydration doesn't directly protect you from germs and viruses, but preventing dehydration is important to your overall health. Dehydration can cause headaches and hinder your physical performance, focus, mood, digestion, and heart and kidney function. These complications can increase your susceptibility to illness.

**What are some more health advice for boosting your immune system? Start a [conversation in the comments below!](#)**

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# Health Tips: How to Stay Healthy in the Heat



By Diana Iscenko

The summer months often times means hot weather. While spending time outside is good, extremely high temperatures can be detrimental to your health. According to the CDC, more than 600 people die from extreme heat each year. Adults over 65, children under 4 and people with chronic health issues are particularly vulnerable to the effects of high heat.

It's especially crucial to be aware of how the heat can affect your health during a public health crisis, like the COVID-19 pandemic. With parts of the country still on lockdown, many people are spending as much time outside as possible. Be sure to follow [health advice](#) to ensure you are remaining healthy as



the summer temperatures get higher and higher.

# **No matter how you're spending your quarantine summer, here are six health tips to help you stay healthy in the summer heat.**

## **1. Stay Hydrated**

Drink water, even if you don't feel thirsty! During hot weather, your body loses more fluids through sweating. Drinking water will help replenish those lost fluids and helps your bodily functions run more smoothly. Avoid a lot of alcohol, caffeine and sugary drinks; these will dehydrate your body. Sports drinks with electrolytes and minimal sugar are a good alternative if you start to get sick of water.

**Related Link:** [Health Trend: Hydration Hype](#)

## **2. Wear Breathable Clothing**

Clothing plays a big role in preventing you from feeling the effects of the heat. Wear loose-fitting, light-colored and breathable clothing. Loose-fitting clothes will easily allow the heat your body produces to escape. Light-colored clothes won't absorb the heat from the sun as easily as darker colors.

## **3. Seek Air Conditioning**

If you have air conditioning in your home, make sure it's always set to "cool." Keep the filter clean so it can run as efficiently as possible. Turning on fans and closing blinds and curtains during the day can make it even cooler in your home. If you don't have air conditioning, spend time somewhere that does. This could be a friend's house or a public place, like a library or a shopping center. You can also take a drive

and turn on the air conditioning in your car.

**Related Link:** [Health Trend: Top 10 Tips to Develop a Health Education](#)

## 5. Find Shady Spots

Spend as little time in the sun as possible. When outside, try to stay in the shade to prevent your body temperature from rising too much. If you do go in the sun, be sure to wear sunscreen to avoid overheating and skin damage.

## 6. Schedule Outdoor Time

When you know you'll be spending time in the sun, plan to go outside during the early morning or late evening. Avoid doing strenuous activity, such as yard work or outdoor exercise, in the middle of the day. This is the hottest point in the day and may bring your body to a dangerously high temperature.

**How do you keep cool over the summer? Start a conversation in the comments below.**

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**Celebrity Body: Treat  
Yourself Right and Stop  
Obsessing**





By Alycia Williams

Now that the weather is warm (or almost warm) in most parts of the country, we're starting to think about fitting into last year's bathing suit. Right or wrong, "summer bodies" can become an obsession for a lot of women and men alike. For others, having the perfect summer body is on their minds all year round. Although staying fit all year is a healthy goal, obsessing over it may get you exactly nowhere. Although watching [celebrity workout videos](#) is great, there's more to it than that.

**Check out some ways to stop obsessing about having the perfect celebrity body and, instead, learn how to treat your body right:**

There's no such thing as the "perfect body," and obsessing over it will only make you feel worse. Here are seven ways

ways to stop obsessing about our bodies while treating it right:

**1. Stop grabbing your flab:** Pinching your belly or your arms is a guaranteed way to ruin your day, and it won't make you feel good about yourself. Instead, use a measuring tape to measure your waist and your arms if you're working to reduce these areas with exercise and diet.

**Related Link:** [Health Advice: Exercise Is a Complementary Medicine for Chronic Conditions](#)

**2. Look at yourself when you workout:** Looking at yourself in the mirror when you're sweating and working hard toward your goal is going to give you the confidence you need to get there.

**Related Link:** [What Pop Culture Taught Us About Health, Beauty, and More](#)

**3. Shake off the mistakes:** Nobody is perfect, and we're all going to make mistakes. Don't come down on yourself too harshly. Recognize your mistake and keep on going toward your goal.

**4. Be realistic:** Don't put yourself up against an impossible goal, because when you don't reach it, you'll think there's something wrong with you. Make realistic goals for yourself that you know that you can achieve.

**5. Don't compare your body to others:** Everyone is different, meaning getting fit and healthy is different for everyone. Don't say to yourself that you want to look like someone else. Stay fit and healthy in the best way that works for you and stick to that.

**6. Don't weigh yourself every day:** Stepping on the scale every day just isn't helpful. Your weight can fluctuate for so many different reasons, which will just end up confusing you. Weigh

yourself once every two weeks to get the most accurate idea of where you are on your fitness journey.

**7. Love yourself no matter what:** When trying something new, you never know how it will react with your body. It may work or it may not. Just remember to love your body no matter what shape or size it is; that way you'll be guaranteed the best results.

**What are some other ways to stop obsessing over our bodies? Start a conversation in the comment below?**

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## **Health Advice: Exercise Is a Complementary Medicine for Chronic Conditions**





By Diana Iscenko

Getting [exercise](#) during quarantine is hard for everyone, but it may be the most detrimental to the 100 million American adults who struggle with chronic pain. Exercise is a common treatment to minimize chronic pain. While it's not a replacement for more traditional medicine, it can increase mobility, decrease inflammation, and minimize your overall pain.

Exercise also helps improve sleep patterns, which are often disrupted by medications commonly used to treat chronic pain. People who exercise consistently usually sleep longer and deeper than those who don't exercise.

Remember that it's important to talk to a doctor before starting a new exercise regimen. Depending on where your chronic pain bothers you, some exercises may be too difficult and will worsen your pain. Always move at your own pace, and listen to your body! Some days will be harder than others, but don't force your body to something that will hurt you.

# Keeping your own body and limitations in mind, here is some health advice on four different types of exercise that you might want to try that can help minimize chronic pain:

## 1. Stretching exercises

Stretching once a day increases flexibility, loosens stiff muscles, and brightens your mood. If you have chronic pain, stretching can help release the tension you feel in your body. Stretching is a great exercise for those new to working out because it's low impact and can easily be done at home without equipment.

Stretching is especially helpful for those with chronic back or neck pain. To stretch your back, get on your hands and knees and start with your back flat. Stretch your abdominal muscles and raise your back to be curved. You want to let your head hang comfortably between your arms as you stretch your back. Try to keep your abdominal muscles as tight as possible while stretching your back.

To stretch your neck, start by sitting with your legs crossed. Bring your left ear to your left shoulder. Lower your head and bring your chin to your chest. Breathe deeply and roll your head so your right ear touches your right shoulder. Remember to relax your neck muscles and stop if you feel and pain.

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## 2. Relaxation exercises



Another beginner-friendly exercise is relaxation exercises! This requires no equipment and can be done virtually anywhere you want. Relaxation exercises include deep breathing and visualization, which can be helpful to those living with chronic pain. While this may not “feel” like traditional exercise, it releases endorphins and can minimize pain.

To start, lie in a comfortable position on a bed or the floor. Relax your body and close your eyes. Focus on your breathing: inhale through your nose and exhale through your mouth. It may be helpful to place your hands on your stomach to feel yourself breathing. Visualize the pain leaving your body as you continue to focus on your breathing.

Many people use relaxation exercises before bed to help them fall asleep, but it can be done at any point during the day.

**Related Link:** [Fitness Trend: Move Away from Your Dependence on Technology](#)

### **3. Strengthening exercises**

While these exercises can be a little more intense, it's still easy to do strengthening exercises from the [comfort of your home](#) with little-to-no equipment. These exercises can help reduce joint pain, build muscle and prevent injuries in the future. Building core muscles is especially important for those with chronic pain because it helps with posture and balance and can prevent future injuries resulting in worsened pain.

You want to push your muscles outside their comfort zone during these exercises. Any exercise that uses resistance against your muscles will make you stronger. Sometimes that resistance is your own body weight. There's no need to overextend yourself.

Strength exercises do not need weights. There are plenty of exercises that build strength—such as squats, push-ups,

lunges, planks and jumping jacks—that don't require any equipment and don't feel as intimidating. Remember to do several repetitions of each to build up your strength!

**Related Link:** [Fitness Tips: Mix Up Your Routine with These Celeb-Approved Workouts](#)

#### **4. Cardio exercises**

Cardio exercises are great because there's something for everyone! These exercises include walking, running and swimming. Cardio helps heart health and builds endurance. It also releases endorphins, which will help decrease your chronic pain.

If you have access to a gym, you can use the treadmill or elliptical machines to work on your cardio. If not, you can go on walks or runs. Don't worry about how long you can exercise. Practice makes perfect and the more often you do cardio exercises, the more endurance you'll build up. If you use mobility aids, be sure to take it with you on your walks.

If you find walking or running too difficult, swimming is a great alternative. It's a great cardio exercise while being extremely low impact. Swimming keeps your body moving without putting pressure on your muscles and joints. It's also therapeutic and can help you clear your mind.

**Which of these exercises are you willing to try? Start a conversation in the comments below!**

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# **What Pop Culture Taught Us**

# About Health, Beauty, and More



By CupidsPulse Team

The current pop culture is very different from what it used to be. The incomparable obsession with Paris Hilton and Britney Spears has subdued and instead replaced by a mix of celebrities that can be best described as an unexpected blended family.

You no longer need to be a spoiled rich kid or a defamed starlet to create a media frenzy around your every move. From social media influencers to reality television stars to controversial shows, present pop culture is shaped by an unforeseen concoction of stardom and social commentary.

**While the gossip culture is mostly terrible, it does have a silver lining. The relentless social media feed has offered access to interesting health, beauty and wellness tips. And lucky for you, we're sharing some noteworthy contenders.**

### **1. Self Care from *Eat, Pray, and Love***

The joy Julia Roberts feels while indulging in the cheesiest delicacies in Italy is palpable through the screen. This movie (originally book) offers the perfect recipe for re-discovering yourself through food, inner peace, and true love.

There's only so much satisfaction you can derive from material possessions and career achievements. When it all becomes too much, you should take a step back and reflect. Indulge in food, try meditation and travel.

Start your wellness journey with [Bodytonic Clinic's](#) Yoga Class.

### **2. Health with Gwyneth Paltrow's *Goop***

Despite being an Oscar-winning actress, Gwyneth Paltrow is now well-known for her lifestyle company *Goop*. She shares and suggests everything from healthy dinner recipes to vaginal steaming. To say the least, *Goop* tops the weird list.

Paltrow works out five days a week, let this be your inspiration. Regular exercise promotes physical and mental health and also improves skin.

### 3. Eating Like Posh Spice

Victoria Beckham aka Posh Spice has previously talked about her 'Five Hands Diet'. This involves eating five high-protein meals in a day and drinking lots of water.

If you're an incorrigible snacker, perhaps eating five filling and nutritious meals will put you on a healthier path.

**Related Link:** [Fitness Trend: How CBD Can Be Used In An Exercise Plan](#)

### 4. Kardashian's Salad Culture

Kardashians are masters at two things- being famous for being famous and always eating humongous proportions of salads. An average episode of *Keeping Up With The Kardashians* involves dramatic champagne problems, unnecessary yelling, many salads, occasional crying and a few snarky comments (usually from Kourtney).

Salads alone can't make up a balanced meal, but eating salads is a good source of fibers and healthy fats.

### 5. JLo & Essential Oils

While the world remains divided about essential oils, Jennifer Lopez is here to set the record straight. She believes in sniffing fruit-based essential oils to promote weight loss.

Though there is no scientific evidence backing the above claim, essential oils do promise a range of health and wellness benefits. Lavender essential oils, in particular, improve sleep.

**Related Link:** [Food Trend: Collagen Is Skincare You Can Eat!](#)

### 6. Elle Woods' Allegiance to Vegetarianism

Reese Witherspoon's character Elle Woods from *Legally Blonde* cheerfully announces her vegetarianism at a cultural

diversity group discussion at Harvard Law School. Going vegetarian or vegan is more popular than ever.

Vegan and vegetarian diets offer several health benefits and are much better for the environment. Even eating vegan once a week can make a significant difference.

## 7. Shailene Woodley's Natural Take

In an interview with Seth Meyers, Shailene Woodley revealed that she got rid of most of her belongings. And everything she now owns fits in one suitcase! Her decision to give up material possessions is in [pursuit of a natural lifestyle](#). She also shared that eating clay helps her with detoxification.

Oil pulling is a Woodley-endorsed ayurvedic practice you can try. Swish a tablespoon of organic coconut oil for a couple of minutes and spit it out. It's a natural way to whiten your teeth.

What are some ways you incorporate health and wellness into your lifestyle? Start a conversation in the comments below!

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# Fitness Trend: How CBD Can Be Used In An Exercise Plan







While exercise is an integral part of a healthy lifestyle, it can be challenging to maintain a regular habit because of the workout effects on the body. After exercising, the body sustains muscle pain and inflammation. In most cases, you have two options to choose from: to bear the pain and continue working out, or allow the body to heal first before picking up your workout routine again.

CBD, or cannabidiol, products are gaining popularity because it promises huge benefits, specifically in treating the body. Right now, there are products infused with [CBD for athletes](#), bodybuilders, and fitness-minded individuals. They sing the praises of different CBD products they've used as part of their exercise regime.

If this is your first time hearing about how CBD can be helpful in an exercise plan, you should stick around to learn. Perhaps, it can help you decide if it's worth incorporating into your routine.

# **In terms of an exercise plans, some notable ways to use CBD are as follows:**

## **1. As a Supplement for Pre-Workout**

CBD products are known to have stimulative effects. Taking CBD supplements before exercising can boost energy levels and improve a positive attitude without any known adverse effects. With increased energy, you end up doing more training than what you typically do. As a result, you build your stamina and strength while placing your body in a good workout condition.

Also, taking a CBD supplement before working out minimizes the breakdown of muscles while exercising. Taking the [best CBD for pain](#) is the solution to lower your body's sensitivity to pain, so it becomes bearable during training sessions.

Nowadays, there are many brands of supplements infused with CBD to optimize overall performance, including in working out. If you're new to CBD supplements, choosing which brand may be confusing. The best way to start is to ask a friend or someone you know for a recommendation.

## **2. As a Post-workout Health Drink**

Sometimes, a healthy CBD health drink, mixed with lemon or pineapple juice, after a workout can offer you several good things. One of the many ins and outs of CBD includes the normalization of your body's metabolism.

It's known that stress impedes metabolism. By drinking CBD products with stress regulating effect, you keep your metabolism on a healthy balance. CBD also aids in the body's natural endocannabinoid system. This system is responsible for maintaining the homeostasis inside your body, including mood, metabolism, and appetite. CBD enhances all of these aspects by

creating harmony inside your body.

Don't forget to stock some healthy CBD infused health drink at home to feel relaxed and refreshed after your exercise routine.

### **3. As a Daily Tincture**

Taking CBD as sublingual is one of the best ways to absorb it in the body. Its benefits include reducing inflammation, better sleep, and lower blood pressure.

After a grueling exercise, your body sustains inflammation. Whether you're weightlifting or running, the muscle fibers in the body break down, and it becomes inflamed. Taking a CBD tincture can alleviate the joint inflammation acquired from a heavy lift.

CBD helps your body recover faster after exercising, too. Compared to just letting the body heal naturally, the anti-inflammatory properties of CBD support your body's recovery. Moreover, it's challenging to get a night of good sleep when your body is sore and in pain. But, by using CBD to reduce the inflammation, you get a good night's rest.

CBD tinctures can be bought in any health food store. Before buying, ask from a store clerk if they have any guide to CBD products you can check, which is helpful when trying out CBD products.

### **4. As a Healing Stick**

There are other ways to take CBD or use it, but healing sticks are the best when it comes to decreasing muscle soreness. Using healing sticks help you feel relaxed after exercising.

CBD has been found to have painkilling effects, so it's a helpful remedy with aching muscles. Just apply the healing stick to any joints or muscles after working out. Depending on the brand of the product you use, visible effects may appear

at varying times.

## 5. As a Leg and Foot Cream

Apart from the muscles and joints, CBD can also be made into creams that you can use to relieve your legs and feet of any discomfort, especially if you're into running.

Right after your training, you can apply the cream to massage on your legs and feet. Doing this eases the tension and improves blood flow, thus reducing soreness and inflammation. If you do this, by the next day, you can certainly keep running.

## Conclusion

The things you learn today are just partial uses of CBD relative to exercise. With studies about it continuing, it won't be a surprise to know that in the future, it'll become a product present in every household. What's important right now is you know it can be a significant factor in your morning routine because of the vast array of benefits it gives.

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# Fitness Tips: How to Shed Holiday Weight After the New Year





By [Ahjané Forbes](#)

As we welcome the new year, we plan to draft our resolutions. The majority of our new commitments will be to lose weight. Sometimes, this process can be tricky and may not always go as planned. However, it is important to make mistakes and learn from them to make a healthier you!

## What are some [fitness tips](#) to help ring in the new year?

Attempting to lose weight can be hard, especially if you're trying to do it around the holiday season. Make sure that this is something that you want to do, and you're not just succumbing to pressure from others. Avoid losing weight for a better body image, and focus on the [health benefits](#). Here are some [fitness advice](#) on how to get through one of the most difficult resolutions:

- 1. Create a realistic goal:** Don't make a New Year's resolution stating that you're going to lose 30 pounds by Easter. That'll

only put more pressure on yourself. Think of short term goals like walking 10,000 steps per week. If you're on your feet a lot, this will be easily obtainable. Be honest with yourself. If you know you definitely don't want to try a new sport or sign up for that Zumba class, then don't do it. Find something that you will enjoy doing. Losing weight with a group of friends will give motivation as well.

**Related Link:** [Health Trend: Intuitive Eating](#)

**2. Slowly eliminate your guilty pleasures:** It will not be easy to stop eating candy, chocolate, fast food, unhealthy snacks, and drinking soda. Start small. If you're used to buying a 24 pack of soda, then lower your consumption to a 12 pack. Let's say you eat two bars of chocolate every day. Begin by only eating one per day. This will help you to curb your habit and begin to see your weight change.

**Related Link:** [Fitness Tips: Mix Up Your Routine with These Celeb-Approved Workouts](#)

**3. Ease your way into the gym:** As soon as the ball drops, don't just head to the gym. Create a workout plan that will benefit you. For example, if you know you cannot run a mile, start off by only walking one fourth of it. Also, it is okay to not go to the gym. You can do most exercises within the comfort of your own home. A lot of trainers have online videos that you can watch and do in your living room. Do something simple like stretches or yoga, and heighten your intensity level from there.

**4. Just dance:** A lot of people forget that dancing is a good form of exercise. You can go to classes that are geared toward losing weight and having fun. Many of the group members are making their way through this just like you. It will be easier to build a connection with them and learn from their experiences.

**5. Keep a positive mindset:** If you keep thinking that you're



not going to lose enough weight by a certain time, then you will not actually do so. Even if you lose one pound in one month, try to celebrate that. It's all about progress. Learn to understand your body. Be proud of what you are doing even if the process might take a long time. Move at your own pace.

**6. Reward yourself:** Now we know we mentioned you should slowly eliminate your guilty pleasures, but sometimes we all need a little cheat day. If you're on a diet, take one day out of each month where you eat until your heart's content. Keep the date you set consistent. If you start on January 15th, make sure that on that day every month you fully indulge. This will actually give you something to look forward to each month and you'll start to feel good about yourself. Remember, you still have to get across the finish line. So, always remember to stick to your diet and drink plenty of water, and you'll definitely get through this year's New Year's resolution a winner!

**How do you plan on losing weight this year? Share your New Year's resolutions in the comments below!**

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## **Health Trend: Top 10 Tips to Develop a Health Education**





By Elizabeth Skinner

As an educator, it is your responsibility to support your students in developing health education. You need to be in sync as you're imparting health knowledge, so here are ten tips that you can use as a guideline.

## **In this health trend, check out 10 tips for educating students on health.**

### **1. Go the extra mile for your students.**

Instead of coming to class to simply impart knowledge, try to go the extra mile by getting to know your students and their style of learning. In health education, simply focusing on the outcome can lead to mistakes. Rather, pay specific attention to how each student is mastering critical health processes throughout the program.

### **2. Track progress on a daily basis.**

Working with a daily checklist allows you to easily track progress and understand what may be lacking. The checklist should highlight various topics you've covered with your students and how far along you are with the curriculum. The checklist will allow you to create work that will resonate with your students and make it more relatable.

### **3. The balance between theory and practical.**

In health care and discovery education, both theory and practical experience are equally important. With students who may need assistance in planning their work, research and writing, they can [buy dissertations by professional Ph.D. writers](#) from EduBirdie. This will be beneficial in balancing their work and personal life, which in turn will boost their productivity in the classroom.

### **4. Influence good decision making.**

From this stage of their career where it is just beginning for the student, they need to understand that some decisions are good for health , but bad for education. This means that some decisions may be incredibly difficult, or that a student may find themselves under immense pressure.

### **5. Encouraging optimal competence.**

The health care system can often struggle with finding competent staff who are also kind and compassionate. When developing a study regiment and [informational speech topics](#), you need to take into consideration how you teach your students to be efficient, think fast and practice kindness toward patients struggling with different ailments.

### **6. Encourage students to develop good habits.**

Something as simple as getting enough sleep or reading to relax can be an important tool for ensuring that the individual engages in positive behavior. Instead of

consistently overworking yourself, it's important to cultivate a good attitude toward rest and operating with a clear mind.

### **7. Take things one day at a time.**

Learning is a lifelong process, and many of the lessons may take a long time to ingrain in students. You need to maintain consistency, even when you feel discouraged. One of the easiest ways to monitor progress is by tracking what you have taught in a spreadsheet and taking daily or weekly notes of behavioral changes.

### **8. Educate yourself, too.**

At times, education professionals may slack on their own learning. If you notice any shortfalls in your work, consider taking up a course to improve. Because learning is an ongoing process, as an educator, you need to be open to learning and encouraging your students to learn from you.

### **9. Keep in line with national standards.**

The institution you teach for should handle this, but it is also important for educators to remain informed on national and international regulations around health matters. The key is ensuring that you are up to date with the law in your country and imparting the knowledge to your students.

### **10. Create a culture of asking in the classroom.**

One of the most powerful and simplest ways to develop a learning system is by encouraging students to ask relevant questions. At times, a student might feel their question is stupid or lacks something or the other. However, if you create a culture of asking questions, no matter how small or silly they may seem, you are creating a sustainable learning culture and addressing challenges faster.

These strategies may take time to implement, because people are different in how they approach knowledge. These methods

take your teaching methods beyond theory and delve into the practicalities of overcoming challenges in healthcare education. These are well-researched suggestions that cover various aspects of health education and apply in different disciplines. Health care is one of the most important sectors in the world; thus, imparting knowledge in this sector is highly sensitive and needs to develop with the times.

*Elizabeth Skinner is a student counselor and an education expert working with students and teachers from various colleges and universities. Her idea is to develop advanced teaching modules that benefits the students who find it difficult to perform at a desired level. In her free time, she learns pottery, practices yoga and reads non-fiction.*