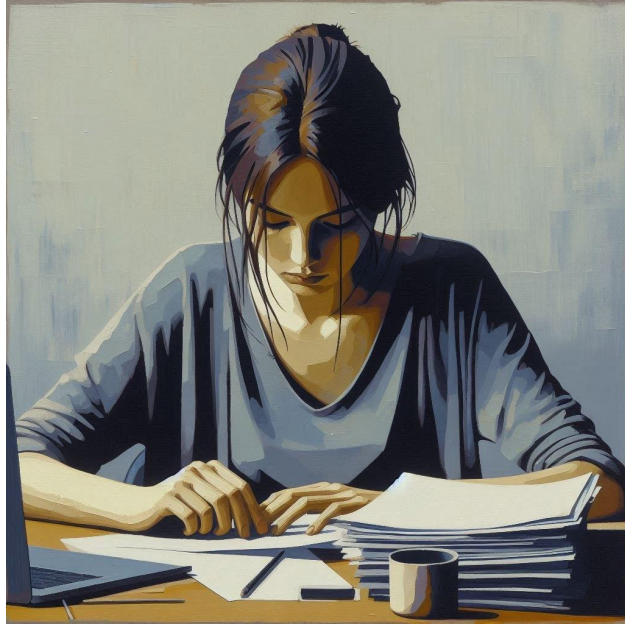


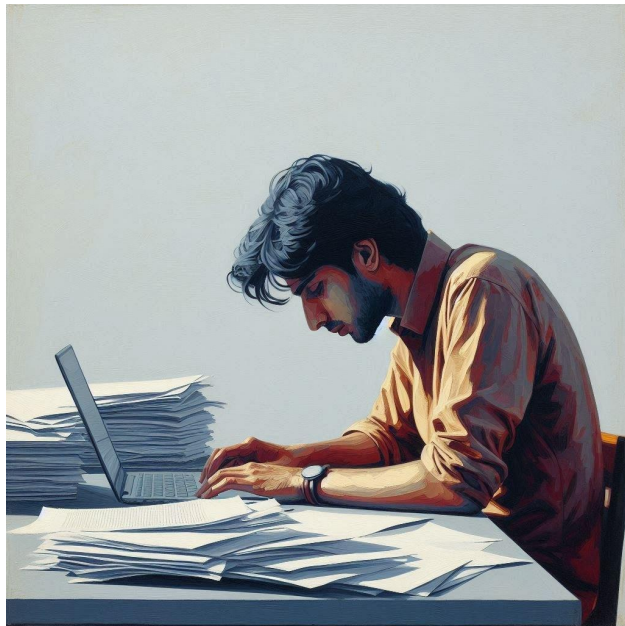
Your Time vs Your Health & Wellness @ 50+



Is lack of time the reason you don't have a health & Wellness daily routine at this age? If yes, don't you think you could create that time in your 18 to 15 hours per day, less the 7 to 9 hours you sleep daily?



There is the old saying that “ One will create time for whatever one desires to do”. So if you say you have no time to take care of yourself, it may be because you do not desire it enough. On this website I have a number of Health & Wellness tools including a Daily Health & Wellness tracker I send specially to people who have subscribed (*subscription is free by the way- just click the button below each blog to get your copy*) to my blog page or this website in general.



Time Management skills is a full course on the internet, however here are some practical tips for you to try out vs your current daily schedule.

1. Have a bold paper or digital calendar with times designed and pasted somewhere Your eyes can not miss it as a daily reminder.
2. Identify the daily activities that can be replaced with simple health & wellness activities e.g. 10 minutes built in exercises at intervals as you work after every 40 mins during the day.
3. You may want to know what the derailer(s) from your daily plan is/are and make a conscious effort to avoid it/them and say no to unnecessary activities.
4. Track & Monitor where and what 20% of your daily activities that contribute 80% to your improved Health & Wellness activities. This way, you can focus more on those activities daily.

It is really up to you and your choice how you wish to plan your health and wellness routine/activities. If you do, your body will thank you for it as you age gracefully.

You know your situation better than anyone else, but you have to want and desire to keep looking graceful as you age by making a conscious effort to build, maintain and adapt some health & wellness routine into your daily routine.

Please share how you built a Health & Wellness activity into your busy schedule in the comment section to encourage us all.

Live healthy and stay tuned for the next PatHealth&Wellness 50+ topic.