



“The Caveman Diet”

If you can't club it, catch it,
pick it, shoot it or milk it,
don't eat it.

That is lean protein,
vegetables and a little bit
of fruit and low fat dairy.

INNOVARE
Health Advocates

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PHYSICAL HEALTH

If your doctor is not talking to you about ways to become and stay healthy, get a new doctor. Being healthy is a simple concept but is sometimes difficult to implement.

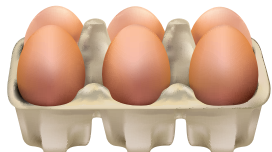
Tips for Physical Health

★ TAKE YOUR MEDICATION AS PRESCRIBED

★ STAY ACTIVE

★ EAT CORRECTLY

- ❖ Caveman diet: If you can't catch it, club it, shoot it or pick it don't eat it. He was a hunter gatherer not a farmer. Avoid rice, potato, corn and wheat
- ❖ Shop the perimeter of the grocery. Produce, Dairy/Eggs, and Meat
- ❖ If food comes in a package it is less likely to be good for you
- ❖ Drink more water



★ KEEP PURPOSE IN YOUR LIFE

- ❖ Teach your grandchildren history
- ❖ Volunteer at a food pantry, animal shelter or other place that interests you
- ❖ Get a part time job
- ❖ Take a friend when you exercise

★ SOCIALIZE

- ❖ We all need it
- ❖ Join a club, invent a club
- ❖ Laugh, sing, dance, cry if needed

★ SLEEP WELL

- ❖ Exercise early in the day
- ❖ Avoid caffeine late in the day
- ❖ Don't use electronics in bed
- ❖ Consider a sleep mask
- ❖ Do sequential muscle flexion/relaxation