



HEALTH TIPS FOR THE NEW FLORIDA BAR YEAR

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1. Drink lots of water.
2. Cook and eat healthy meals at home.
3. Consult with a nutritionist.
4. See your treating doctors regularly.
5. Eat in moderation, rather than binging.
6. Don't smoke. If you do smoke, there are many programs to help you quit. Good luck on this challenging journey.
7. Write down everything you eat to account for calories.
8. Use phone weight-loss "apps."
9. Walk for at least 30 minutes five times a week. It's not necessary to walk all 30 minutes at the same time. Break it down into smaller increments if needed. Consult with your doctors first.
10. Wear a pedometer to measure your steps (strive for 10,000 steps each day).
11. Swim.
12. Use breathing and yoga exercises to reduce stress and anxiety.
13. Meditate.
14. Before you Litigate, Mediate.
15. Be Mindful and Purposeful.
16. Add flavor to food and drinks without adding calories.
17. Limit use of oil and butter.
18. Limit consumption of fried foods.
19. Eat more fruits and vegetables like oranges, apples, grapes, watermelon and leafy green vegetables that are high in fiber (such as kale).
20. Eat more fish and chicken, which are staples of a Mediterranean diet, and less beef.
21. Eat a low sodium diet to improve heart healthy and reduce blood pressure.
22. Flavor water with fruit and lemon. The better it tastes, the more you are likely to drink.
23. Drink more water, unsweetened tea or seltzer and limit (or eliminate them altogether) consumption of high-sugar drinks and sodas.
24. Limit consumption of processed and fast foods like fried foods, chips, cookies and deli meats.

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25. If shy or self-conscious about exercising in public, save time and money by exercising at home by doing simple chair exercises.
26. Start with small, attainable and realistic health goals.
27. Exercise with friends or join an activity group doing something you enjoy (running, walking, bowling, playing softball, etc.) that will motivate you and keep you accountable to yourself and others.
28. Floss your teeth regularly to reduce bacteria and inflammation. Studies have shown that this can add years to your life.
29. Brush your teeth regularly (and for a duration of two minutes each time) to reduce bacteria and inflammation in your body. This can also add years to your life.
30. Take the stairs when you can.
31. Park your car in a space farther away than usual. This will increase your number of daily steps and help you avoid the aggravation and stress of having your car dinged and dented by uncaring drivers who park too close to you.
32. During your breaks, walk around the block or up the stairs.
33. Stand up while working at your desk.
34. Take a (brief) nap to refresh yourself. Do not count this as "billable time."
35. If possible, walk or bike to the store instead of driving. If biking, please wear a safety helmet.
36. When taking public transportation, get off a stop earlier and walk the rest of the way to your destination if it is safe to do so.
37. If you are fortunate to own a dog, walk your dog regularly or take him/her to play at a dog park. Your dog will thank you. If you don't own a dog, borrow a dog that belongs to a friend or neighbor, and do the same. Your friends and neighbors will thank you.
38. Actively play with your cats, dogs and other pets. Studies have shown that petting your animals can significantly reduce blood pressure and stress.
39. Get at least seven hours of sleep each night.
40. Turn off electronic devices and computer several hours before bedtime.
41. Listen to calming, relaxing music (reasonable minds will differ on this).
42. Develop an "attitude of gratitude." As Abraham Lincoln wisely said, "People are about as happy, or unhappy, as they make their minds to be."
43. Keep an appreciation journal of the people and things in your life for which you are grateful. Count your blessings instead of sheep or problems.
44. Smile. It's contagious. Pass it on.
45. Laugh. It's contagious. Pass it on.
46. Color. Yes, studies have shown that coloring is healthy and fun for adults, too.
47. Draw, Paint, Sculpt, Create.
48. Sing.
49. Dance.
50. Think.
51. Read.
52. Volunteer. Share your time, talent, passion and expertise with others.
53. Drink good wine or liquor or coffee-in moderation, please.
54. Perform a random act of kindness, a good deed or "mitzvah" every day.
55. Strive to serve others every day.
56. Let the members of your family, friends, colleagues and clients know how much you love and appreciate them.
57. Be kind and gentle with yourself and others.
58. Do your best. Angels can do no more.
59. Go the "extra mile" for those you love and serve. As the old saying goes, "There is very little traffic on the extra mile."
60. Live each day as if it will be your last. One day, you'll be right.

Bruce A. Blitman has been a member of The Florida Bar since 1982. He has been a Florida Supreme Court Certified Circuit Civil and County Court Mediator since 1989 and a Family Mediator since 1990. During this time, he has mediated thousands of disputes and has written and lectured extensively about the benefits of Mediation and Alternative Dispute Resolution. Bruce is a member of the Broward County Bar Association and the Palm Beach County Bar Association, and recently relocated to Palm Beach County. He can be reached at BABMediate@aol.com or (954) 646-1128.