

## **Talking Points for Julie Isphording, author of Get Healthy, Get Happy: How to Make Small Changes that Get Big Results**

-Tired? Overweight? Recent scientific surveys say that 60% of Americans are overweight and 70% need to get more sleep.

-So how about taking a vacation to recharge the ol' batteries? Americans tend to only use 3/4 of their allotted time off from work. Another study found that vacation skippers tend to get sick more often.

-After a stressful day at the office, many people hit the couch, turn on the TV and start eating. What can be done to avoid this mindless munching?

-Should people really drink a lot of water to avoid eating things that have empty calories and cause weight gain?

-People are always pressed for time—here are some exercises they can do quickly that will have an impact.

-Staying motivated is an oft-overlooked downside to effective mind and body health. Learn 12 quick ways to stay focused.

-What advice should patients give their doctors?



### **GET HEALTHY, GET HAPPY**

**How to Make Small Changes that Give You Big Results**

**By Julie Isphording**

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