



How can you keep your kidneys healthy?

Kidneys play several vital roles in the human body. In addition to eliminating toxins from the bloodstream, they release hormones that help regulate blood pressure, stimulate the production of red blood cells, and keep bones in good health. Bottom line: these organs are crucial to the proper functioning of your body.

To protect your kidneys as much as possible against disease, you'll need to adopt certain habits:

- Exercise regularly
- Eat healthy and cut down on salt
- Drink lots of water (around eight tall glasses a day)
- Don't abuse over-the-counter medication (such as nonsteroidal anti-inflammatory drugs), and always follow your doctor's orders regarding prescriptions
- If you smoke, stop

Furthermore, keep an eye on your blood sugar levels (especially if you have diabetes) and regularly check your blood pressure. In case of abnormal results, see your doctor without delay.

Eating healthy and drinking plenty of water will greatly reduce your risk for kidney disease.

Tips for choosing the right reading glasses

Reading glasses, widely available at optometry clinics as well as in most drugstores, are great for correcting presbyopia (commonly known as far-sightedness). If you need a new pair of glasses to help you see up close, here are a few things to consider.

First things first: you'll need to determine the lens strength required to correct your far-sightedness. Because vision problems can vary due to an assortment of factors, don't simply buy the first pair you get your hands on. Visit an eye doctor to find out exactly how strong your lenses need to be in order to improve your vision. Prescriptions typically vary between +0.50 and +3.50.

Next, start shopping for a pair of reading glasses to suit your style and needs. Whatever your tastes and budget, you're sure to find an extensive selection of options to choose from.

Style concerns aside, consider how you'll be using your new glasses. If you plan on wearing them for extended periods, choose a pair with a lightweight frame. If, on the other hand, you'll only be using them every once in a while for a couple of minutes, go with a pair that folds in the middle for easy storage, or that you can simply wear around your neck.

On that note, happy shopping!

Discover five benefits of knitting

Did you know that knitting has positive effects on both your physical and your mental health? Whether you're a lifelong enthusiast or a curious beginner, these five benefits are sure to convince you to break out your needles more often!

- 1. Knitting fosters mindfulness.** Studies have demonstrated that knitting, like meditation, can induce a state of calm mindfulness that has a positive influence on your mood and mindset.
- 2. Knitting helps reduce stress and anxiety.** Knitting contributes to lowering your heart rate and blood pressure, making it an excellent hobby for relaxing and escaping your troubles.
- 3. Knitting contributes to keeping your brain healthy.** The act of knitting stimulates communication between your neurons and may help to prevent age-related memory loss. What's more, it may even help fight diseases such as dementia.
- 4. Knitting helps ease arthritis.** In addition to improving your agility and range of motion, knitting does a world of good for your joints. The constant involvement of your fingers and hands keeps joints moisturized and thus less likely to develop arthritic pain.
- 5. Knitting boosts self-esteem.** Like many other creative hobbies, knitting can become a great source of pride and accomplishment. Making something from scratch with your own two hands is certainly rewarding!

Knitting is a relaxing pastime that helps keep your brain in shape.

Regular exercise is good for your health, your mood and your social life. Get moving!

Four great reasons to stay active in retirement

Are you a recent retiree? While it's completely natural to want to slow down a bit and get some well-deserved rest, keep in mind that it's also important that you remain physically active. Here are four excellent reasons to keep exercising after you retire:

- 1. To prevent certain illnesses.** Regularly taking part in physical activity is, unsurprisingly, excellent for your health. It helps stave off illnesses such as osteoporosis, diabetes, heart disease and high blood pressure, to name just a few.
- 2. To stay happy.** Exercise causes your body to release hormones (namely, endorphins and serotonin) that directly influence your mood.
- 3. To improve your social life.** Retirement can leave your social life feeling a bit empty. Trying different group activities (swimming lessons, yoga classes, walking clubs) is a great way to meet new people and make new friends.
- 4. To achieve the best possible quality of life.** Regular physical activity will help you sleep better, improve your balance and posture, reduce joint pain and stiffness, and contribute to maintaining your mobility and independence.

Studies also show a positive correlation between physical activity and reduced symptoms of depression.

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