

Title:

De-Stress Yourself With Water, Oxygen And Sunlight!

Word Count:

751

Summary:

Oxygen, water and sunlight are the most basic life giving elements on this earth. Without them

Keywords:

Article Body:

Oxygen, water and sunlight are the most basic life giving elements on this earth. Without them

Our bodies are 70% water and we extract water from what we eat and drink. No doubt you've heard

How do you know if you are dehydrated? Here are some tips:

- 1) If you push your finger down on your skin and it does not pop back up immediately but feels
- 2) If your urine is dark yellow and has an odor, then you are dehydrated. Urine should be fair
- 3) If you are fatigued, your skin is flushed or your lips or mouth is dry then you may be dehy

Sunlight is another element that we need to survive. We get lots of warnings that we need to p

Oxygen! Getting enough is vital, but alas, we have become shallow breathers and many more of u

Well, just look at the couch potato watching TV all day, or people that have machines that do

Kids used to walk to school, now they take buses or get driven to school. How many of us sit i

There are a certain percentage of people that will go to the gym regularly or do cardio workou

We need oxygen for all the cells in our bodies to be healthy. The best way to do that is to mo

You can also do breathing exercises while sitting or lying down. Get yourself comfortable and

In short, drink water, breath deeply and get some sun (in moderation)! You'll feel better!

If you can't seem to get yourself motivated to do this then try putting up some motivational p

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