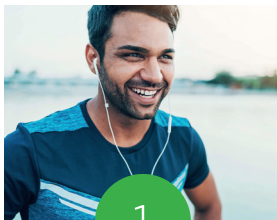


## Wellness

# 5 secrets to whole-body wellness

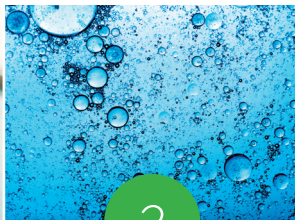
Staying active by walking, riding a bike or swimming can improve your health and well-being.



1

### Work out wisely.

After exercising, avoid gaining calories back with a sugary sports drink or smoothie. And don't forget lip balm with SPF and a mouth guard to protect your lips, teeth and mouth.



2

### Hydrate with water.

Reducing sugar is key to maintaining a healthy diet — and key to preventing tooth decay. Need something after a workout? Choose water instead of soda or other drinks with added sugar and calories. Your mouth and your waistline will thank you.



3

### Snack sensibly.

Reach for fresh fruit or a piece of sugar-free gum rather than chips, a cookie, cupcake or piece of pie. Chewing sugar-free gum sweetened with xylitol can also help clean your teeth and reduce your risk of cavities.



4

### Eat in moderation.

To maintain a healthy diet, watch portion sizes. But be sure not to overdo it. Reducing food intake too much can lead to a weakened jawbone, softened enamel and deficient gums.



5

### Vary your food groups.

Eating a variety of foods is best for your overall health — and for healthy teeth and gums. Calcium-rich foods promote strong teeth and bones. Phosphorus is great for teeth strength. Many fruits and vegetables promote gum health.



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