

KIM'S 10 TIPS for HEALTHY LIVING



Keep it simple

Health requires everyday maintenance and prevention. It means doing my best to help my family eat well, sleep well, exercise, and appreciate all that we have.

Heal yourself in nature.

When things get really bad, I go to the beach and walk. It's helped me through some really rough times.

Try home remedies first.

A hot steam shower can do wonders for a stuffy nose. There's nothing more effective than a strong salt gargle for a sore throat.

Be here now.

What brings me the greatest pleasure in life is living in the moment, doing whatever I'm doing—even if it's just sitting on the couch with my family laughing out-heads off.

Laugh.

It's a huge part of my life -- and a major de-stressor. I make it a point to laugh a lot, especially with my kids.

Keep moving.

I had this trainer in L.A., Valerie Waters, who said, "You're always one workout away from a good mood." It's true. I've never finished any kind of workout feeling bad.

Please your palate

When you're really satisfied, you eat less. I'd much rather have two squares of really great dark chocolate than 10 cupcakes.

Skip the chemicals.

I tell my kids that there's good dirt and there's bad dirt. Few things are as reliable as good old soap and water.

Go organic.

Yes, it's expensive. But it's important. I make buying and eating organic foods a priority.

Set an eco example.

The best way to encourage others to go green is to walk your talk.

