Cultural Daily

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Nature’s Health Tips for the New Year

Rob Lang · Wednesday, January 4th, 2017

It’s a new year, so of course, that means you’ve got lots of goals to set. Probably the most popular goal is to get healthy. Here are some nature-inspired tips to get back into shape:

1. Take a class, like yoga. Just make sure you know your instructor.

The otter seems to be doing ok though.

2. Find creative ways to motivate yourself to exercise.

In the wild, hamsters sleep underground during the day to avoid predators. I’d imagine that hamster roommates go quite crazy living together in a cage. (But there are probably very few hit and run incidents with a hamster wheel.)

3. Try not to do the same routine so much that it becomes a bore.

What goes around comes around very slowly. Especially when a snail slides around an exercise ball floating in water on a calm day.

4. Be wary of new diet fads.

Did you know there are 3 birds in the world that produce milk? They are the pigeon, flamingo and the male emperor penguin. A milk-like substance is created in the birds’ crops, between their esophagus and stomach. Then it’s barfed into their hatchlings’ mouths. Would you try it?

Best of luck reaching those goals!

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