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Food For Thought



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[The Small Stuff DOES Matter](#)



Just 7 more Medicare customers can deliver over \$1 million to your top line.

This additional revenue offsets losses from Medicaid reimbursement rates.

Does your organization need to grow revenue?

Clint Maun and Maun-Lemke have over 25 years of expertise in "changing the results of healthcare". We have learned through that to assure their sustainability, LTC organizations **must not be** revenue dependent upon Medicaid.

Maun-Lemke's proven A.R.M.S. Length Revenue Enhancement System can be implemented cost-effectively through our step-by-step process and web-based computer consulting support. For information on the A.R.M.S. Length System and how your organization can achieve their full Revenue potential, call Kathy Cain or Chad Maun at (800) 356-2233.

The Small Stuff DOES Matter:

Your Daily Habits Have a Huge Impact on Your Health

Conventional wisdom often tells us “not to sweat the small stuff.” In some instances, this may be good advice, but when it comes to your health, the small stuff is monumental. To be sure, the small stuff or your daily habits make up your lifestyle—and research is conclusively telling us that our lifestyle is key to achieving and maintaining good health.

Start Small

Your daily habits are indeed more important than sweeping New Year’s resolutions like, “I will be healthy this year” or “I will lose all my extra weight.” Although these are worthy endeavors, the truth is that it’s hard to know where to even begin with such lofty intentions. On the contrary, starting small and making slight adjustments to your daily routine seems to be the secret to success. Starting small allows you to gradually adjust to change, and build upon success.

Here are some small, but simple ways to that can begin to have a substantial impact on your health in the long run:

- Eliminate one can of soda from your usual consumption, i.e., if you usually have two a day aim to just have one
- Confine yourself to one piece of chocolate instead of an entire bar
- Add 10 to 15 minutes of waking to your daily routine
- Add a piece of fruit to your breakfast
- Stand up while you surf the web
- Drink one extra glass of water a day
- Swap low-fat dairy for whole
- Get up and stretch for a minute every hour
- Add one vegetable to your lunch and/or dinner

You get the idea!

“Successful people are simply those with successful habits.”
—Brian Tracy

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