WALK WITH A DOC — Healthy Living Series

LAUGHTER! :)

Laughter is the best medicine (well, second to walking of course!) More than an old cliché, laughter has many proven health benefits that can be enjoyed by people of all ages. It is important, simple, and fun to recognize the importance of laughter and to incorporate it into everyday life.

How laughter helps your physical health

- Improves cardiac health, decreases risk of heart attack, and lowers blood pressure
- Boosts immune system
- Helps with weight loss: laughing reduces stress & burns calories

How laughter helps your mental health

- Increases endorphins (happy chemicals)
- Reduces stress
- Allows for healthy distraction
- Laughing can help you build relationships – laughing with someone will make you feel more open

How to add more laughter to your life

- Watch funny movies
- Listen to comedy podcasts
- Spend time with friends and family

Some great jokes!

Does an apple a day keep the doctor away? Only if you aim it well enough.

Knock, Knock! Who's there?
HIPAA! HIPAA, who?
Sorry, I can't tell you that.

www.walkwithadoc.org

https://www.usa.edu/blog/how-laughter-can-relieve-stress/
https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456
https://scopeblog.stanford.edu/2015/04/09/seven-ways-laughter-can-improve-your-well-being