

Healthy Digestion

SOME TAKE-HOME TIPS

stay hydrated

Drinking fluid throughout the day can help prevent constipation. Carry around a water bottle as a reminder to stay hydrated.

eat fiber-rich foods

Fruits, vegetables, whole grains, nuts, and seeds are all rich fiber sources. Fiber helps keep digestion regular and can help prevent constipation.

stay active

Physical activity can help food move through your digestive tract smoothly. Choose activities that you enjoy so you maintain a consistent routine.

reduce stress

Stress turns on your "flight or flight" system, making digestion more difficult. Choose calming activities every day to manage stress levels.

get check-ups

If you are having digestive difficulties, talk with your primary care provider about possible medical solutions that are right for you.

get quality sleep

A good night's rest gives your digestive tract energy to function. Aim to get around 7-9 hours of sleep each night.

prince william AAA

References: [WebMD](#)
[EverydayHealth](#)

