

**OptimalHealthSecrets.Com**  
**LIA Lifestyle Instruction Aid**

**ab1. Optimal Rest & Relaxation**  
Dr. Victor Jean Ouellette June 1999  
Modified March 6, 2008

Rest & Relaxation should be planned on a daily basis. Even if you start with 15 minutes a day where no one can disturb you, it will be adding some balance to your life. Restful weekends should be planned several times a year. Changing the location and atmosphere of where you are at on the weekend is like a rest.

A holiday once a year is necessary for Optimal R & R. Two weeks or more a year are necessary to get your mind off your normal routines. But, one week is better than nothing. People who work, 7 days a week with no breaks will eventually break down with some sickness. So, be warned that it is important to plan for some relaxation.

Find a place in the house where everyone is told not to disturb you or better still, go for a walk and sit in a park for a few minutes. Visit spa for a few hours one weekend. It is inexpensive and well worth the effort.

Copyright 1999, Dr. Victor Jean Ouellette, All Rights Reserved