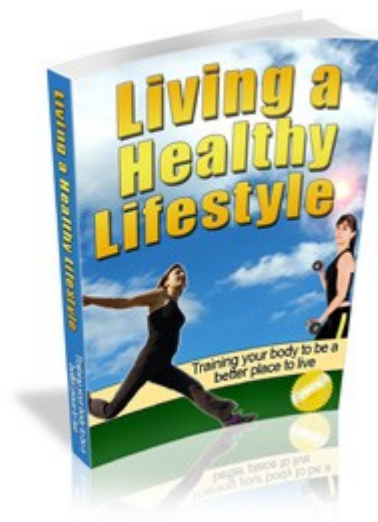


# Living a Healthy Lifestyle



## Contents

<a href="#">Learning To Live a Healthier Lifestyle-Some More Great Tips.....</a>	<a href="#">3</a>
<a href="#">Control stress, anger and salt to lower BP.....</a>	<a href="#">3</a>
<a href="#">Healthy Living Information At Your Fingertips.....</a>	<a href="#">4</a>
<a href="#">Healthy Lifestyle Tips For The Frequent Flyer.....</a>	<a href="#">5</a>
<a href="#">Health Benefits Of Seafood.....</a>	<a href="#">6</a>
<a href="#">Healthy Life Style Tips For The Busy Executive.....</a>	<a href="#">7</a>
<a href="#">Is Organic Food Good For Health.....</a>	<a href="#">8</a>
<a href="#">Managing Stress For A Healthier Lifestyle.....</a>	<a href="#">9</a>
<a href="#">Nutrition Fitness And Healthy Living.....</a>	<a href="#">11</a>
<a href="#">Stay Healthy With Exercise Even If You Don't Have Much Time.....</a>	<a href="#">12</a>
<a href="#">The Benefits Of Leading A Healthy Lifestyle.....</a>	<a href="#">13</a>
<a href="#">The Ingredients To A Healthy Lifestyle.....</a>	<a href="#">14</a>
<a href="#">The Teenager's Guide To Living A Healthy Lifestyle.....</a>	<a href="#">15</a>
<a href="#">The Ultimate Healthy Lifestyle.....</a>	<a href="#">16</a>
<a href="#">Tips And Tricks For A Healthy Lifestyle.....</a>	<a href="#">17</a>
<a href="#">Tips For Changing To A Healthy Lifestyle.....</a>	<a href="#">19</a>
<a href="#">Tips On Healthy Meals For A Healthy Lifestyle.....</a>	<a href="#">20</a>
<a href="#">Tips On Maintaining A Healthy Diet .....</a>	<a href="#">21</a>
<a href="#">What Living A Healthy Life Style Really Means.....</a>	<a href="#">22</a>
<a href="#">Beat Obesity With A Healthy Lifestyle.....</a>	<a href="#">23</a>
<a href="#">Get Your Whole Family To Lead A Healthy Lifestyle.....</a>	<a href="#">24</a>
<a href="#">Good Food, Good Health - Tips On Getting A Healthy Start.....</a>	<a href="#">25</a>
<a href="#">Some simple basic dietary tips.....</a>	<a href="#">26</a>
<a href="#">Good Oral Hygiene- The Way To Healthy Living.....</a>	<a href="#">26</a>
<a href="#">Great Tips To Living A Healthy Lifestyle.....</a>	<a href="#">27</a>

## Learning To Live a Healthier Lifestyle-Some More Great Tips

At times, you feel you have done everything; ate sensibly, kept a good diet, did enough exercise and meditated daily, and now you are tired and find it impossible to carry on. What are the reasons for the sudden lack of energy?

Follow these great tips and enjoy a healthier lifestyle.

Turn off the idiot box: **Turn your TV off. Get off the couch and into an exercise routine. Many diseases have sedentary lifestyle as their base, so why risk it. 30 minutes or so of any fitness program works wonders on your body and keep you feeling well and fit.**

**A special vegetable:** Having a sudden bout of high blood pressure, or is it constantly high despite medicines? Make a glass of beetroot juice and see the difference. This tip comes from a reliable medical school that advises drinking half a litre of it.

Get those minerals:

Magnesium, potassium, and calcium to fight off high blood pressure, so get it from your food. Your body needs many more, so check with a dietician or your doctor.

### Control stress, anger and salt to lower BP

Stress and anger raise your BP, so go slow on these emotions. Limit total salt intake to six grams a day because higher quantities can raise blood pressure.

**Hug your stress away:** Give your partner an embrace, it will not just tickle the heart, it will do it good too. It brings down blood pressure and lowers Cholesterol - the stress producing hormone - levels. A higher level of Cholesterol is associated with heart problems, other illnesses and diabetes.

**Make hay while the sun shines:** Get your daily dose of vitamin D in the natural sunshine. This vitamin fights heart disease, feelings of depression, osteoporosis, and some forms of cancer. So, get your supply of sunshine and the earlier in the morning the better, as post noon sunrays are harmful.

**Daily dose of fruits and vegetables:** In a large study undertaken they found that daily intake of a portion of fresh fruit and vegetables lessen the risk of early death by any disease by one fifth; not canned pineapple or peach.

**Delay your departure:** You can postpone your departure to the next life, and live longer by around 15 years by doing the following: Studies have shown that it is eminently possible.

1. Quit cigarettes
2. Follow a regular exercise program.
3. Take alcohol in moderate quantities and
4. Consume four to five portions of vegetables and fruits daily.

**Laugh it all off:** Finally keep a positive frame of mind and you will literally laugh away heart disease. Negative feelings, carrying hurt, and sadness, isolation all contributes to heart disease. University researchers have found this to be a miracle cure for emotional and physical pain. In every situation you encounter daily there's a reason to make you laugh so go ahead and have a hearty laugh. Only laugh at situations, not people.

## **Healthy Living Information At Your Fingertips**

It is a gross misunderstanding that to live a healthy life; one must give up many pleasures and lovely things in life and live a dull boring life. You can and with a little effort and sticking to guidelines live a healthy life. It is within your reach! All you have to do is decide deep down whether you wish to be healthy or not healthy. That freedom you have.

Sad to say, that many people with the sole intention of making a fast buck have been able to convince you that it's a huge and difficult task. The facts say that living healthy is not difficult. As they say the path of success begins with the initial step. In addition, after many days and many steps you will begin to feel better. You cannot solve the world's health programs but you can find a solution for just one person and that person is you.

**Here is some information:**

**Start to eat healthy:** Eat more raw fruit and vegetables freshly grown locally. All the talk these days is eat extra fruits and vegetables and I do not mean that. I mean fresh and raw! You do not get your portion of fruit for each day by consuming apples from a can!

**Manage your weight well:** Being over-weight is not being healthy we all know that. On the other hand you need not be matchstick model, that is harmful, but you can be a size plus and be healthy too. Just keep your body in good condition. Imagine a car in bad shape trying to climb a hill huffing and puffing as better-kept vehicles ease by. Keep you body in good condition and you will pass by the ones easily who did not. You will add many years to your life and do your daily jobs at home and office better.

**Exercise:** Only few things that make a person uneasy, one is a creaking door and the next is the word exercise. At the word exercise, you either get excited or you dodge. Do not consider 'working out' to be work or a duty. Movement is making your heart rate go from normal to above. Being still will not do it for you. The joy of exercising is to choose any program that is such enjoyment to you that you forget that you are exercising! Waltz, run, walk, go biking, hiking, tend the garden, tend the house, paint, chop, cut, repair and any other but move often and more every day.

**Stop smoking:** Remember when you tried your first fag, you coughed, choked, and went green, but did you give up? Even though your body made desperate tries to catch your attention and many others too, smoking is all over. The external warnings and the internal just do not seem to be taken seriously until the natural leveller death has its say.

**Take care of toxins:** However, they are everywhere in the traffic smog, industrial smog and even the pesticides in the foods you consume. If you cannot control the first ones then you can the last. Avoid toxins like you will a rattlesnake.

**Prevention is better than the cure:** Prevention from the start is the best-known solution for man, but very often neglected. Do all that is necessary to keep yourself healthy. Stay away from anything that gets you into harm's way. A man went to see his doctor, and said "Doc, whenever I try rotating my head it hurts" The doctor gave him the simple solution. "Don't do it".

## **Healthy Lifestyle Tips For The Frequent Flyer**

There are several people, who keep travelling the world around for business reasons. Sometimes frequent travelling can cause fatigue and health problems as one tends to neglect the eating habits. Constant flying without taking much care of your body can cause great harm to your body at a very early age. However, it is left to you to maintain a well balanced diet and eat at the right time and you would save yourself from falling a prey to health hazards.

Frequent flying will also mean that you would have to face frequent change in the weather that could make you fall sick. However, if you have a strong immune system, you can fight all such problems. To have a strong immune system, you need to eat healthy. Just eating healthy at the time of flying is of no help. You need to make it a habit to constantly eat right and at the right time.

Here are a few tips that can help you maintain a healthy lifestyle, while you still keep flying.

- Take enough rest before you take your scheduled flight. Never over fill your stomach hours before flying. Eat in moderate amount.
- When you are travelling, it is best to avoid uncooked food, as it may cause you some discomfort.
- Always carry a bottle of water and juices. It is good to keep your body hydrated. Drink plenty of water and fresh fruit juices.
- Although you are travelling, it is good to stick to the routine. Even if you are staying in a hotel, you can always order healthy food items.
- Carry on with your exercises. You can always use the hotel gym or if not work out in your room.
- Avoid oily and fatty food, while on flight. When on board it is good to eat light.
- It is better to use mineral water to even wash your teeth, as you never know, where the tap water is coming from. Try and eat fresh food and avoid stale items.
- If you are suffering from any health problems, it is better to consult your doctor every time, before you fly. Carry all your required medicines. Do not be dependent to purchase it from the place you are travelling to. Always carry a first aid box.
- To avoid getting cramps, while you are flying, try to stretch yourself a bit. You can do so while sitting or take a small stroll, when you can.
- Always wear comfortable clothes, when flying and also carry a warm sweater or jacket to save you, when travelling from various time zones.

- Every time you purchase a water bottle make sure the seal is opened by you. If you find that it is tarnished and unsafe to drink, then do not take it.
- It is good to eat a gum, so that your ears do not get depressurized and also your teeth can get some exercise.

If you follow healthy lifestyle regularly, you wouldn't find it difficult to follow these tips even on your frequent flights. Always eat healthy, and drink litres of water and take proper rest and you would have no complaints from your body. Learn to take care of your body needs and you would feel the positive effects and make you see the difference. Whether you are traveling or not, it is always beneficial to follow the healthy path with a healthy diet.

## **Health Benefits Of Seafood**

Seafood is a tasty way of preventing heart attacks and strokes. It is also helpful to lower your blood pressure and even helps to fight depression. If you consume fish regularly, it can reduce cardiac risks by nearly forty percent. This is because of the omega-3 fatty acids, which are found in abundance in fatty fish, such as tuna, salmon, sardines, mackerel, herrings, trout etc. However, you need to be careful while cooking, if you want to take advantage of their health benefits. Cooking styles like pan-frying and deep-frying at very high temperatures is likely to destroy the beneficial omega3 fats.

Fishes are full of protein, possess low saturated fat levels and also contain Vitamin E, which is a potent antioxidant. Many people avoid eating shellfish because of the high cholesterol content. However, you must know that food cholesterol is not transferred directly into blood cholesterol. Doctors advise eating less of cholesterol foods, especially when someone suffers from ailments like heart diseases and/or diabetes. However, for blood cholesterol levels saturated fats and trans-fats are known to be greater threats as compared to the cholesterol you eat in shellfish. Therefore, while controlling blood cholesterol, you need to concentrate on replacing healthy fats in place of saturated fats and increasing fibre content in your diet, along with doing plenty of exercise rather than looking at the milligrams of cholesterol in what you eat. Although mercury is a health concern, when it comes to seafood, the good part is that fish is high in healthy omega3 fats and contains the lowest amounts of mercury. Research data reveals that regularly consuming Omega 3 fatty acids protects you from macular degeneration. This is why the Macular Degeneration Foundation recommends that people should make fish a regular part of their daily diet, which can ensure an adequate intake of Omega 3 fatty acids.

Seafood is also a potential source of essential oils that constitute a very important part of our daily diet. Oils are a source of energy that our bodies need. Along with oils and high quality protein, seafood is also an excellent source of many minerals like potassium, iodine, phosphorus and zinc and vitamins mainly from vitamin b group.

Seafood is great for those, who are overweight and wish to reduce. For slimmers, seafood sounds like good news because seafood fat content is less than 2%. Seafood in general is very low in kilojoules, even lesser than that in chicken or leanest of meats. And seafood needs no

trimming of any fat. You simply steam, microwave grill, poach, barbecue or bake your seafood for food that has a low kilojoules level. Make sure that there is no deep frying, baking with a lot of butter or oil or heavy breading of your seafood. You can always toss your grilled seafood with vegetables, fresh cilantro and a light dressing and wrap it in a soft shell tortilla to make it more enjoyable.

A healthier sandwich can be one that uses smoked salmon instead of bacon! Your preparations should aim at packing in flavours, without fat piling up. There can be many ways to do this. One great way is to use wine or beer instead of using water, while poaching or steaming your seafood. You will get tantalizing flavours with the least calories. Use your imagination; try adding fresh herbs and spices to pamper yourself, while keeping your weight in check.

## **Healthy Life Style Tips For The Busy Executive**

You have to work, and you should work-out! Both are challenges, and combining the two together successfully is the key to an executive's healthy lifestyle. You read about the importance of a fitness program and are convinced it's good for you and even make a resolution to work-out regularly; but alas, after a few weeks we are fighting to find the time to carry it through. Don't get discouraged you're one of many but the following will help you see it through.

Now for you as an executive the whole idea is to balance out the day in business with the benefits of exercise without a trip to the health club. Add the following hints to your days schedule and see the benefits to your health.

Make your journey to office and back a fitness trip too. If you use the bus or your car, or in a car pool, stop two blocks or so before and walk! Rotate walking with others in the carpool so all get to walk. And if you're lucky and have the office situated just 20 minutes away just walk all the way.

Walking is a great exercise and removes stress and brightens you up for the day ahead. The time added on to get to work and on return will be compensated with by feeling better. Think what it'll do for your fitness never mind the environment!

Climbing stairs, too, is a good cardio work out so take the staircase not the elevator to office. If you're on the 60<sup>th</sup> floor of your building then stop on the 55<sup>th</sup> floor and walk up. All this requires extra effort and adjustment of time, but the rewards are worth it.

Get off that phone: when you need to discuss something in your office area, walk and meet them. Gives you exercise and helps you meeting your colleague face-to-face.

Eat healthy: Avoid excessively greasy foods, and too many carbohydrates, they do you no good. Fresh fruits, and raw vegetable salads lean meat and whole meal bread is beneficial for a healthy you. Also as important as eating well is to eat regularly. Fix a time in the day when you have your lunch, and stick to it. Don't be malnourished.

Avoid stress: Stress is a great killer, so avoid work related stress and stop getting angry with your colleagues or subordinates. This only raises your blood pressure and could lead to strokes. Spend five minutes in your chair and meditate. Focus inward and for another five minutes when you get the time, focus outward. It's a great relaxation tool, and sharpens your perception and mind.

Exercise wherever you can: You don't only need gyms to stay fit, though that is a great idea. When in your chair, do isometric or resistance exercises. Blood pressure and isometric exercises don't go hand in hand, so if you have BP, avoid isometric exercises as it causes a sudden, sharp rise in blood pressure.

## **Is Organic Food Good For Health**

Since the last few years, organically grown food is being preferred over conventional crops that use synthetic fertilizers and pesticides. Recently, there has been a tirade against organic crops with many organizations like the CCF (Centre for Consumer Freedom) saying that the manure used by organic farmers as fertilizers is deadly, as it is a breeding ground for numerous dangerous microbes and the deadly e-coli bacteria. Even the natural pesticides that organic farmers use in cultivation could be far more dangerous than synthetic chemical pesticides.

The debate over organic versus conventional crops has been in existence, since the very beginning. Of late the controversy has grown alarmingly with both sides citing different reasons in support of their stands. Advocates of organic farming say that chemical pesticides can kill, whereas those in favour of conventional farming say that organically grown crops need to develop their own defence systems to guard against insects and pests, which can be way more toxic than pesticides.

All these allegations and counter allegations being traded between global agribusinesses and powerful organic trade associations each working with their own interests in mind have placed the common man in a very perplexing situation. The average family man is just interested in providing his family with a healthy meal and wants to protect his children from harmful toxins together with doing his small bit for protecting the environment. He just wants to know whether organic produce is safer and more environment-friendly than conventionally grown plants and whether it is worthwhile to spend more for buying organically grown food.

The single most important reason, why people choose organic produce over that which is conventionally grown is to avoid consumption of pesticides. Organic farmers cannot use any synthetic chemical for killing weeds, pests or fertilization, whereas the conventional farmer has access to nearly 200 synthetic chemicals, which he can use as fungicides, pesticides, herbicides and fertilizers. It is true that many of such chemicals are found on the vegetables and fruits that are bought from the market. To be fair, even organic produce is not entirely free from pesticides. Synthetic chemicals from surrounding fields seep into ground water sources and are drawn into organically grown plants.



Of a sample size of 13208 of conventional produce tested by the US Dept of Agriculture, 76 percent of the fresh vegetable and fruit samples tested were found to contain detectable residues of chemicals as against just 23 percent for organically grown produce. Research by food scientist Chensheng Lu of Emory University showed that urine samples from a group of preschool children being studied for pesticide consumption in food showed one child with no detectable levels of organophosphates, a class of common pesticides. Following up on the research the scientist found that the parents of the child served only organic food, none other, at home. This made him go for another experiment of 23 children, who ate conventional food. They were later switched for five days totally to organic foods including vegetables, juices, pasta, processed food, dairy, chips, cereals etc. The results proved conclusively that while on conventional diets the children measured positive to organophosphate pesticides in their urine, but within a day of switching to organic foods the pesticide levels became non-detectable and rose again, when the children switched back to conventional diets.

This is something that goes overwhelmingly in favour of organically grown food.

## **Managing Stress For A Healthier Lifestyle**

A busy executive went to seek his doctors' advice for stress. He told the doctor his busy schedule and how he took his papers home every night to finish work.

The doctor asked him "Can't someone else do it or can't you get help with it".

"No, doctor" the man said, "I am the only one who does it well and in time"

The Doctor wrote the man a prescription, and when the executive took the prescription, it read, 'Take an off each week for half the day and go spend that time in the cemetery'.

Amazed, the patient asked "why should I spend half the day in the cemetery?"

"Because" said the doctor "I want you to wander around the graves and look at the graves of all those men who are there forever. Ponder over the fact that some of them are there because they thought as you did, that the whole office rested on their shoulders. Think also that when you lie there one day, the office will go on just the way it did and others will carry on the work".

The patient got the message slowed down his speed, delegated work and stopped fuming and fretting, and we can add, he now does better work!

### **Stress needs a rest too:**

Here are some stress busters to consider:

1. Refuse the extra load. Learn to say 'No' when its gets too much of a load and take breaks. There are just so many hours in a day so learn to space out your time and work.
2. Go for a walk. Walking is a great stress buster and takes away the tension at home or work. Exercise is a great stress reducer.

3. Try Yoga. It will have a soothing and calming effect on you. Relax your muscles, which tense up in stress situations. Do deep breathing exercises. These reduce anxiety, irritability, and fatigue.
4. Another stress buster is plain simple laughter. Laughing releases endorphins, which help the body.
5. Go on vacation. You worked hard for some months, took stress at office, had difficult colleagues and bosses. You cannot take a holiday each time you are stressed, but you can take your vacations. So, if it's due take it.
6. Time-out your times. At times, life is a never-ending rush to beat deadlines and you feel there is not just enough time in 24 hours. Try these;
  - Manage your time well and think in advance. Prepare schedules and timetables and stick to them to avoid rush.
  - Make a list of things to do and stay with it to keep you organized. It will bring you pleasure to work this way.
  - Make priority lists and get things done in their order to avoid confusion.

Finally seek out the stress factors in your life, learn to manage them. Dream of stress free living, make it happen, think hope filled thoughts, and have happiness as your goal. In a nutshell, that is managing stress.

### **Managing Your Weight For A Healthy Lifestyle**

Most of the time, I hear people talking about losing or gaining weight. However, there are very few people, who feel the need to maintain their weight and there are many, who cry, if their body is out of shape. To keep a check on your weight is very important for a healthy living. Both underweight and overweight can be harmful to your body and thus you need to have correct amount of intake of food as required for your age and height. You can consult your dietician to know what would be your diet plan to maintain the right weight and to stick to it.

When people are in proper shape, they hardly bother to take care of their diet, till one day they find themselves bloated and out of shape. Why wait for such situation, when working on both weight loss and gain can be tough. If you follow a well balanced diet, you would hardly have any health problems and rather have no complaints regarding your body. There are several ill effects that we notice in persons, who are obese. Today, especially diabetes is fast catching up with people and even in children and is a cause of concern. There are several ways, in which you can manage your weight and stay fit and healthy throughout your life.

The only way to maintain proper weight is to follow a healthy lifestyle by eating right and at the right time. To get rid of stress, fatigue and other health problems, it is best to follow a regular diet and exercise routinely. If you want to maintain your weight, you need to stay fit and active. Depending on your body type, it is good to work out at least for 5 days in a week. If you cannot work out in a gym, do your workouts at home as per your convenience and time schedule.

Remember every time when you enter the market, it is good to purchase only healthy items. Make fruits, vegetables a part of your daily meals and eating habits. Drink plenty of water to

flush out the toxins from your body. Avoid fatty foods. However, take in small amount of fatty foods, as it is required for the development and functions of the body. Always eat rich food containing proteins and vitamins. Avoid junk food, as they will only fill your stomach and not supply the required minerals.

The food items that you eat should give you energy and help you stay fit. It is important to eat only when you are really hungry. Maintain a body clock for meals and stick to its schedule. Never keep long gaps in between your meals. Do not fall prey to false hunger or you may put on extra pounds. Instead drink plenty of water to kill the false hunger. Intake plenty of fresh juices to keep you hydrated.

Do have plenty of physical activities, like spot running, jogging or workouts to burn out the excessive calories. Do not employ artificial ways to maintain your health by popping in tablets, as there can be side effects. Plan out a healthy lifestyle and follow it to feel energetic and fresh throughout the day. Other than good habits, exercise and healthy food, nothing will keep you healthy. Love your body and give what it needs to manage your weight for a healthy lifestyle.

What you eat makes you what you are! So, if you have realized this, then it's just good to follow it.

## **Nutrition Fitness And Healthy Living**

Good health is vital for you and determines everything in your life. If you lose health, your choices in life to do things diminishes to nearly zero. Don't find this out the difficult way, but by proper nutrition, fitness and healthy living habits you can live a productive and full life. Let's examine each of these starting with nutrition.

**How to eat healthy:** Eating surely is a pleasure of life so eat a diet full of calories from grains, veggies, fresh fruit, low fat milk and their products, lean meat, beneficial fish, poultry products and beans. Avoid fatty foods and sweets. A good diet is essential in every part of life. However, make your decisions of food based on factors of any sickness you have, namely high BP or high cholesterol or a history of family illness. A proper diet can assist your kid's growth, development, and school results.

Adults on a healthy diet can be more productive at work and feel better, and avoid chronic sicknesses. So, what your body cannot produce you must obtain from food. Basic to your diet must be vitamins, minerals, amino acids, and some fat acids and fiber. Calcium is important for having strong bones. Remember all of these together are necessary for proper health. To keep your energy levels high ensure you get your supply of proteins, fats, and carbohydrates. Ensure this by getting your Recommended Dietary Allowance or RDA to meet the requirements of good health.

With a good balanced diet containing all the above must come regular physical fitness.

Most Americans gain weight as they age putting them in line for serious diseases like high BP, heart disease, and other life threatening diseases. So, if you're adult and overweight, its time to lose some. If you're normal then don't put on weight. To maintain your normal weight you should even out the quantity of calories in your foods and drinks with the quantity of calories your body burns. In addition, the energy gained by food is best used up with physical exercise.

Nevertheless, many Americans in their daily work use up very less energy like working on the computer or in office jobs. Then many spend much time at the T.V and remain without activity. For successfully using up calories don't be sedentary, (meaning doing activities needing less movement), and do walking even if to the mall or down two blocks, and walking the staircase instead of using lifts. Less sitting down and more active moving around will help lessen body fat and shorten disease risk. Thirty minutes of brisk physical activity for five or better still all days of the week, will benefit greatly. Good activities are:

- At least three or four miles an hour of walking at a brisk pace
- Light gymnastic exercises also called calisthenics.
- Home cleaning and other repairs, painting.
- Sports with a racket like tennis or table tennis.
- Mowing your lawn
- Going fishing, cycling, or swimming
- Jogging
- Gardening
- Boating and dancing

Finally, maintain an ideal body weight according to your height and age. All doctors have a chart showing these figures and it will pay to follow it.

## **Stay Healthy With Exercise Even If You Don't Have Much Time**

It is a well-recognized fact that regular physical exercise supplemented by a nourishing and healthy diet is a must for healthy living. Physical exercise has immense health benefits and can greatly reduce the risk of diseases, especially cardiac diseases, improve metabolism and strengthen your bones.

In modern times, occupational constraints and the changing structure of society has contributed vastly to sedentary lifestyles that limit physical activity. In such a situation any opportunity for movement should be viewed with favour rather than be considered as an inconvenience. One needs to try to be active in many ways as possible throughout the day. As there are very minimum people with sedentary lifestyles, they should ensure that they are engaged in at least thirty minutes of physical activity of moderate intensity on many days of the week as possible, preferably on all days. Those who can should try to engage in vigorous exercise regularly to attain better health and fitness levels.

Everyone who has tried knows how difficult it is to stick to a strict regimen of exercise, especially in the face of paucity of time due to busy modern lifestyles. However, it can still be possible to

attain a minimum level of fitness through 30 minutes of activity every day. Even this may prove difficult to do at a stretch. What you can do is to break it down into 3 stretches of 10 minutes each of physical activity and spread it over the day. To make it easier, you can use whatever you usually do in the course of your daily activities to carry out these exercises.

For example, while commuting to the office and back home you can get off the train/bus one stop before your destination and walk the rest of the way. When in the office or at home avoid using the elevator and use the stairs instead. Even sitting at your desk, you can do neck rolls and arm raises i.e. pushing your arms towards your side and then towards the ceiling. Do some modified push ups at the edge of your desk. Take a walk after lunch. Go walking to the local grocery store; don't drive. While watching TV, get up during ads and jog or skip, where you are. You can add some more time for exercise this way. Don't forget to take a swim at the pool, whenever you get the time. Playing with the kids in the garden can give you some good exercise. In the mornings, set your alarm to wake you up five minutes earlier and skip a rope or do stretching exercises, before you jump under the shower. All these are excellent ways to exercise, when you find yourself unable to spare time, specially dedicated to exercising.

If you can maintain a small gym at home, there can be nothing better. No fancy equipment is required. You can create a nice gym without much expenditure or space, using simple things like exercise bands, a stability ball, a skipping rope and a pair of dumbbells and you can get quite good results.

Coupled with healthy food and eating habits, these are great ways of exercising to stay fit and healthy, when you are hard pressed for time that you can devote to physical exercise.

## **The Benefits Of Leading A Healthy Lifestyle**

The efforts you put in to maintain your health will lead to living life at its fullest. That is the reward awaiting you. It is a fact of life that what you put in is what you get out.

The gains of following a healthy life style far outweigh the effort you put in. In the US, the figures are frightening on the country's health scene. Thousands of deaths each year are attributed to a sedentary life. Medical research shows that there is a relationship between poor physical fitness, bad dietary habits, and smoking to heart ailments, high BP, diabetes, and more debilitating sicknesses. All these connect to your lifestyle and are preventable.

A quarter of the population in the US is overweight; scarier still is that children and adolescents are getting obese. However, on the positive side, we can alter these states by our efforts to live healthy and show the coming generation good eating and living methods.

**The gains of eating a diet high in fibre and low in fats:** Americans as a nation eat too much fat, more so the saturated variety, which is bad. These fats have their foundation in food based in animal resources like eggs, meat, cheese, and all dairy produce. The fast food chains have all played their part in increasing our fat intake more than the daily-recommended limits.

On the other side, Americans only consume about half the necessary fibre of approx. 25 grams a day. Soluble fibre mostly found in nuts, whole grains, legumes, certain fruits, and vegetables dissolves in the stomach and assists in binding and clearing out cholesterol.

Insoluble fibre found in seed and nuts, vegetables, cereal with whole grain, fruits, and seed bearing plants also keeps the bowels moving thus preventing constipation and resulting haemorrhoids and decreases the danger posed by colorectal cancer.

**Exercise for a healthy life:** A shocking fact says that around 60 % of adult Americans do not involve themselves in regular fitness programs. Aerobic exercises specially help to shorten the risk posed by heart disease and strokes; benefit both types of cholesterol and blood flow to the heart and brain. Try to get as much as possible of the main types of exercises, which are aerobic rather than anaerobic and stretching exercises.

**Reduce stress:** Stress is the body's responding pattern to any type of threat. However, regular fitness programs and stress removers like prayer and meditation help fight the bad effects.

**Quit tobacco:** Even the tobacco manufacturers have recognized the connection between smoking and cancer.

**Regulate your alcohol intake:** An ounce a day can be beneficial to your health; more will do harm. The medical world says an ounce can reduce bad cholesterol and help in heart disease.

Finally, we looked at the basics of healthy living. Changing your daily lives and habits is quite a job we all agree. Yet, the type of life you lead will rest on it. Take the first step today.

## **The Ingredients To A Healthy Lifestyle**

A healthy lifestyle is not a new age fad. Lack of mental peace and recurrent health problems are making more and more people realize the importance of a healthy lifestyle. Today large numbers of people are trying to find out what really makes for a healthy lifestyle. They want to know what the ingredients to a healthy lifestyle are. Many of them probe deeper into the subject and start leading a healthy lifestyle. They make revolutionary changes in their eating habits with all enthusiasm and excitement and reap good rewards. However, many of them give up at some point and revert back to their old eating habits. As a matter of fact, if you are really serious about a healthy lifestyle, it is not difficult to cultivate good eating habits. All the lively and energetic people that you come across are not the privileged individuals chosen by God. They have paid attention to what they eat and have worked on attaining good health and a new youthful look. Remember that no pills or cosmetics are going to make you feel young or look young. Only a healthy diet can work this miracle.

**Here are a few things that can constitute a healthy lifestyle:**

**Eat healthy foods:** "You look what you eat", as the old saying goes. If you really want to look lively and youthful it is important to convince yourself to eat only healthy foods. A well- balanced

diet helps you feel fit and energetic all day long. Jump-start your day with a substantial nutritious breakfast. Never leave your home in the mornings without eating your breakfast as it will make you feel dull and listless throughout the day. Also take your other meals on time and make sure the interval between two meals is not too long. Eat well but never overeat. Eating in moderation helps to digest what you eat and also keeps your weight under control. Add a lot of vegetables and fruits to your daily diet. There are numerous healthy food items to choose from. Try them and find out which foods make you feel good.

**Drink enough liquids:** Always keep your body hydrated. Drink plenty of water, at least 8 to 10 glasses a day. Water helps to keep your systems clean by flushing out the toxins from your body. Apart from the water, choose from various types of liquids such as juices, soups, milk, tea or energy drinks. However, pure water is believed to be the best of all liquids, so don't forget to drink plenty of it—not necessarily straight after your meals. Clean natural water detoxifies your body and helps to keep your energy level high.

**Do regular physical exercise:** Just healthy eating will not help you stay in good shape. Your body does require some physical exercise daily, which helps you stay fit and control your weight. Remember, hitting the gym is not the only way to stay fit. An early morning walk or jog, or even yoga can do wonders for your health. If you are keen to pursue your fitness program more seriously it is a good idea to hire a coach. Exercising daily helps you stay in a spirited mood, and you feel energetic and fresh throughout the day.

**Cultivate good habits:** Good habits are an integral part of a healthy lifestyle. In order to lead a healthy lifestyle learn to eat right and at the right time. Do not keep your body clock changing as it may harm your health. Sleep early and rise early. It is good to get to bed early in the night rather than sleep at odd hours. Not having sound sleep can disrupt your health and cause you fatigue the following day. Plan out a schedule that works well for you and follow it steadfastly.

Leading a healthy lifestyle does not mean looking serious and sombre. Add a lot of fun elements to your life and enjoy every moment. Don't just smile or chuckle, have a hearty laughter every now and again. Party, go to parks or spend time with your friends. But let there be always a healthy side to it all. Take time out from your busy schedule to relax and recharge your batteries. Love your body and give it what it needs. If you follow these simple things, you would experience a huge positive change in your life soon. A healthy lifestyle is all about taking good care of yourself.

## **The Teenager's Guide To Living A Healthy Lifestyle**

Teenage is a period of time when you need to eat lots of healthy foods in order to stay fit throughout your adulthood. It is a time of physical growth and thus a teenager's body demands all essential nutrients and micro-nutrients. Not eating enough good healthy foods can stunt their growth besides causing a lot of fatigue, weakness and other health problems even at such an early age.

Unfortunately, many teenagers are found to be extremely fussy about their food. A lot of them have become a slave to junk foods. It is a tough time for parents who have to coax their kids to eat normal healthy foods. However, in recent years there has been a greater awareness of the importance of eating healthy foods. Today many youths can be seen cultivating good eating habits. The following points will throw light on good eating habits and will guide a teenager to live a healthy lifestyle.

Breakfast is a must for everybody especially for teens. Never let your child skip their first meal of the day. Let the breakfast be not only nutritious but also substantial. If your child is too fussy, you can give them thick fruit shakes along with ice cream. Let there also be some cornflakes with their favourite fruits as toppings. Cow's milk is extremely healthful, so use it when serving soy shakes. Give them a heavy breakfast, which will keep their stomach full for long and will help them avoid eating junk foods at school.

If you are a teenager, include lots of vegetables and fruits in your diet. Green vegetables are rich in vitamins and will keep you healthy. As a teenager, your body is still going through a phase of growth and development, and thus it needs essential proteins, vitamins and minerals in adequate quantity. Healthy diet does not mean eating some unusual fanciful health foods that are available in some exclusive shops. Eggs contain first class protein and are thus considered very healthful. Choose to cook eggs in a style that appeals to your taste. Those of you who are not fond of eggs can try peanut butter, which is also very nutritious and full of protein. Dry fruits must be eaten everyday in some form or the other. Almonds and other nuts are extremely healthful.

Orange juice is full of vitamin C and a glass full of it can do wonders for your body's growth. Besides, it will keep common cold and other infections at bay. Eat some fruit after every meal. Eat frequently but in moderate amounts to avoid putting on weight. While taking lunch don't forget to munch at your favourite salads. Always dress your salad to your taste. If you don't like vegetables eat them in other forms such as vegetable pizza or beans with soup, and tuna salad along with a small portion of chicken or turkey. Egg salad or tomato soup not only tastes good but also satisfies the needs of your growing body. Keep changing your menus so eating healthy foods does not become monotonous.

Do take snacks between your lunch and dinner. Drinking a glass of juice in the evening and a glass of milk in the morning will help you stay fit. Never skip any of your meals and eat only healthy foods as far as possible. This will help you stay energetic and feel fresh throughout the day. Healthy foods keep you in good sprints. It is never too late to begin living a healthy lifestyle. If you want to avoid health problems now as well as in the future, get to bed early, start your day early, exercise a bit, and eat healthy foods. Combine your healthy eating with workouts and proper amount of sleep to live a healthy and holistic lifestyle.

## **The Ultimate Healthy Lifestyle**



For an athlete winning at the Olympics is the ultimate glory. They have achieved their lifelong goal, will tell their grandchildren about it, and the country forever remembers them. Why isn't achieving the ultimate health not a so great goal for so many? It should be, and the effort you put into a healthy lifestyle will reap its rewards; a full, and sickness-free energetic life! The following will help you get on the road to run the race of life successfully.

No athlete carries along excess baggage around their waist to hinder them. They get rid of it to strive for gold. So should you and I. They also compete according to the rules or they're disqualified. Good health also has a set of rules framed out and if we just follow them, we will successfully run a race towards ultimate health.

So, lose extra weight, just extra, not too much. Don't, to achieve it, starve your body of necessary nutrition. Good food is vital to your body's proper functioning. Eating correctly and the right amounts show up in people feeling well and appearing well, too. Avoid pills for reducing weight; which succeed in nothing else except filling up the manufacturers bank balance.

Exercising is the safest way to control weight. Moreover, it's fun too, and at the end of it you'll have that feel good feeling. Moreover, participating in a sport gives you new friends and improves your social life, so necessary to keep good mental health. Most people deep down wish to keep fit. They just can't get around fitting in an exercise program into their lives.

But take it up and once planned stick to it. Take up yoga, aerobics, or cardio; early morning is the ideal time for these exercises. Later fit in biking, brisk walking and jogging. As far as possible, combine visits to the local grocery, post, bank, library, and other tasks with a walk, and leave the car behind.

Eat well to stay well. Eating a burger at the finish of a workout wouldn't help you. The workout has just burnt fat away, rid the body of toxins, and toned up the muscles. Raw and unprocessed foods and foods full of vitamins, fibre, water, and minerals should be an integral part of every diet. Eat meats, eggs, poultry, butter and the like in moderation, as they too contain essential nutrients.

Find your life purpose. Finding a meaning and reason for living gives you a great sense of fulfilment and contentment. It will be a reason to keep fit to see your dreams through.

Can I recommend any short cut to the ultimate lifestyle? Sadly no! All I can say is enjoy what you are doing, and use it as a means to connect with yourself. Learn to value every breath you take, and every beat of your heart. Love yourself. Then only will realization of what you do will dawn, and make whatever you do pleasurable. That's the secret to the ultimate healthy lifestyle.

## **Tips And Tricks For A Healthy Lifestyle**

'Charity begins at home', as the saying goes. Similarly, a healthy lifestyle begins with healthy thoughts. You need not torture yourself by forcing yourself to eat only a bland tasteless diet to stay fit and keep in good shape. If you change the way you live and adopt a truly healthy lifestyle, you can enjoy eating all your favourite foods in a moderate amount and still remain healthy. You do not need to be harsh to yourself or worry too much about what to eat and what to avoid. There is no need to compare yourself with anyone or try to be like them in terms of physique and figure. It is all right for you to work on your own health and fitness but trying to be like someone is a bad trick you would be playing on yourself.

There aren't really any shortcuts to leading a healthy lifestyle. If you are determined to follow a certain pattern in your life, you would soon find ways and means of doing it. The first step towards a healthy lifestyle is bringing about necessary changes in your diet. Though it is all right to indulge yourself once in a while, it is important to make sure that your body gets its daily requirement of all nutrients and micro-nutrients. Eating healthy foods will keep your energy level high and make you feel fresh and energetic all day. Healthy foods also make your body's resistance and immune system strong and thus protect you against a host of diseases. Healthy eating habits will help you keep health problems at bay. Take more of nutritious foods rather than keep munching at all sorts of junk foods. Never skip your meals unless you are suffering from indigestion due to eating wrong food or overeating.

A healthy lifestyle has several benefits. By eating right at the right time you hardly need to visit a doctor or consume artificial supplements of vitamins and minerals to stay healthy and fit. Learn to understand the needs of your body and give it what it needs. Eating junk will only fill your stomach but will deprive your body of the essential nutrients. People who eat healthy foods look youthful and stay young at heart for ever and are able to accomplish much more than most of their peers. Even at the age of 80 people with a healthy lifestyle have been seen running and jogging.

Eating healthy foods does not mean you give up meat, eggs, etc. Only eat small portions of such fat-rich foods. Yes, it is a good idea to avoid red meats as they have been identified as a major source of cholesterol. Anyway, you should cut meat-eating to twice or thrice in a week. Drink plenty of liquids to remain hydrated. Drinking lots of water will help to flush toxins out of the body. You can take liquid in any form such as soups, juices, tea, etc. Have a fixed time for your meals and avoid overeating to keep your body weight under control.

Doing some physical exercise everyday is an integral part of a healthy lifestyle.

Eating nutritious foods without any physical exercise can make you feel heavy and dull throughout the day. You may work out daily without ever hitting the gym. Depending upon your age, you can go for a morning walk or jog. Doing yoga can also work wonders for your health. Even if you are too old you can keep yourself active by helping with simple household chores.

Smoking and excessive consumption of alcohol are not good for your body. Quit them if you can or cut down on them. These habits can potentially invite serious health problems and thus go against the basic principles of a healthy lifestyle. Learn to feel joy and have fun in the company of your family or friends. Enjoy reading a good inspiring book on healthy lifestyle or on any other

subject of your choice. With a positive and happy frame of mind you would be able to lead a stress-free life both at your workplace and in your home. This is the trick or secret of a healthy lifestyle.

## **Tips For Changing To A Healthy Lifestyle**

In this fast paced life, you may feel drained of energy at the end of the day. Your movements become sluggish and your body refuses to behave the way you would like it to. The main reason for this is your current lifestyle. It becomes absolutely essential to change your lifestyle, if you wish to become a healthier individual, who can see life in a more positive light and be more cheerful and lively.

There are a lot of things that you need to do to make a positive change in your lifestyle. The very first thing is to look into your diet. To have a healthy constitution, everyone needs to eat a balanced and nourishing diet. A regulated diet is not just about losing or maintaining weight. You need to eat the right foods that are good for your body. Your diet should consist of a lot of green vegetables, salads and seasonal and non-seasonal fruits. You must also consume sufficient water every day. What you eat provides strength and nourishment for your body and is mainly responsible to determine the state of your health. If needed, you must take vitamin supplements along with your diet.

When you treat your body with good wholesome food, you also need to give it plenty of exercise to keep it functioning in a healthy way. Make sure that you indulge in some regular exercise. For maintaining a healthy life, it is not important for you to go for any specific form of exercise. Do anything that suits your time, place, budget etc. Just make sure you incorporate some form of exercise that you can adhere to and maintain throughout your life, as part of your daily routine. If nothing else, then take a long brisk walk every morning regularly.

Go to your doctor for periodical health checkups. Do it at least once every year. Get your blood pressure, cholesterol, and other tests that your doctor feels should be done to make sure all is well.

Don't forget your teeth. They need looking after too. Get them cleaned of plaque and other deposits every six months. If you need some other dental work done, don't neglect or delay it for some other time. Get it done as soon as you know that it needs to be done. Brushing and flossing your teeth is something no one needs to remind you about. They play the most important role in keeping your gums and teeth healthy.

Tobacco is bad for health. There is a worldwide awareness drive about the ill effects of tobacco signalling a warning to life. Many people have come to realize that tobacco is a major health hazard and have stopped using it. If you are a smoker, stop smoking right away. It may prove to be quite difficult, but if your aim is to live healthy, stop using tobacco, in any form. Consuming large amounts of alcohol is also not good for health. If you cannot avoid drinking, you must

make sure that your alcohol intake is moderate. Never indulge in substance abuse. It will ruin your health and everything good in your life.

Your body needs rest to function healthily. Sleep well for at least six to six and a half hours each day. Don't stay up till late hours, but go to sleep early. When you sleep well, you will wake up fresh in the morning, full of zest and raring to go.

## **Tips On Healthy Meals For A Healthy Lifestyle**

If you have been wondering, what is the secret behind a healthy body, let me tell you, it's nothing, but the intake of healthy meals to churn out a healthy lifestyle. If it has been a long time, you haven't felt energetic or fresh, it's time that you pay attention to your meals. No doctor or product can help you, if you do not intake healthy food items. If you have been blaming the medicines for not helping you to stay fit, then you are wrong. You need to blame your wrong habits for not keeping you fit. This is a fact and it is hard to digest and it's the truth.

There are simple concerns that you need to take care of. Following certain good habits and eating right at the right time will help you spend a healthier life.

Here is what you can do to live a healthy life without much worries about your health concerns.

- Firstly, pay attention to your eating habits. Check, if you are taking meals at proper intervals. Eating anything and at anytime is totally unfavorable to your body. Learn to recognize the needs of your body and give it what it needs at the right time.
- Take a heavy breakfast, as you eat after a long gap from last night's dinner. Eat nutritional food to boost up your energy levels and you can spend a healthy day. Let there be not much gap in between meals. Take lunch, snacks and dinner at the scheduled time everyday, so that your body can adjust to that schedule. Frequent changes in eating timings can cause problems to your body.
- Make vegetables and fruits a part of your daily meals. Do not fall prey to junky food and try and stick to healthy items. Always eat, when really hungry. It is good to eat foods that will give your body the required minerals and vitamins for its growth and development.
- Avoid sugary drinks, especially if you are on the fatter side. Take low fat food items and eat less of desserts and chocolates.
- Drink plenty of water to flush out all the toxins from your body and also to keep it hydrated. Less water intake will dehydrate the body and make you look dull.
- Keep your meals moderate, and observe the need to follow a specific diet. Eat what your body needs. All food items, when taken in proper quantity can be healthy for your body.
- Habituate yourself to purchase only healthy food items, when you walk into the market. Junky foods are only stomach fillers and do no good for your body. Every time you feel hungry, eat what would give you energy.
- It is good to carry a fruit or a nut bar in your bag, so incase you are late for your meals, you can binge on them to fill your stomach.
- Eat fish, soy beverages, dried fruits, nuts, fresh fruits, berries, whole grain bread, cereals and low fat dairy products, which are healthy to eat and make you stay healthy.
- If you are suffering from any health problem, it is good to ask your doctor for the kind of diet you can take.

It is never too late to indulge in healthy meals, to get the best benefits, which is worth a try. You will experience much more joy, feel energetic and fresh throughout the day for a healthy lifestyle.

## **Tips On Maintaining A Healthy Diet**

With today's kind of lifestyle, eating healthy has become a pressing need. Everybody is running to make ends meet, however neglecting your own diet and health will cause you big problems ahead. The saying precaution is better than cure is very true, and you see many old persons who repent for neglecting their diet when they were younger. They now suffer from various health problems that destroy their lifestyles.

If you are among those people who have tried time and again to stick to a healthy diet, you realize over time its importance and work towards it. Here is what you can do to maintain a healthy diet and thus live healthy. Always begin your day with healthy thoughts and never leave your home without a wholesome diet. Nothing can be more important than healthy eating, so always spare some time for your meals. You need breakfast as your body needs food after the long gap of last night's dinner.

Make cereals a part of your diet and always opt for food products that are low on fat. If you plan to gain weight, you may include bit of more fatty foods, however it will only help you bloat up so you still need something healthier. Do not avoid fats completely as the body does require it in small proportion for proper growth and development. A healthy diet normally consists of leafy vegetables, fresh fruits, lean meat, lots of salad, cereals, nuts, and food items that provide you all the essential minerals, proteins and vitamins. Choose your food items carefully when you go to the market. Do not even look or purchase unhealthy and junk food that can cause health problems a few years on.

Change the way you cook, so that you turn your back to unhealthy food stuff. Many times wrong cooking methods; take away the essential proteins and minerals from the food leaving you with only its surplus. Prepare brown rice, instead of the normal white rice, also exchange your white bread with the brown one. Include every type of fruit and vegetables in your diet. Pop corns can be great for snacks, however remember to avoid butter or cheese to keep a check on your weight.

Fish is high in omega 3 fatty acid and is great ingredient for your body. Beans also are included in healthy diet and make a delicious dish. You can try various recipes with the nutritious food items to maintain its intake without getting tempted towards junk food. Junk food items are called stomach fillers as they curb your hunger but not the body hunger that requires healthy food to maintain its glucose level and growth. Drink lots of water to flushes all the toxins from your body making you look young and beautiful and also save your from stomach and indigestion problems.

Choice is yours whether you wish to eat healthy items now and stay young and energetic till the end or fall prey to various health hazards. Today with the hectic lifestyle, your body demands more of nutritious food for it to survive. Do not ignore your body needs as it will make you repent in your near future. Love yourself and make it a habit to purchase only healthy food stuff so that you always find healthy items at home. Choosing a healthier living will make a positive change in your life and you would spend each moment with more energy and zeal.

## **What Living A Healthy Life Style Really Means**

In a study done at a leading University, findings showed that many Americans do not use all the means at their disposal for them to live healthy lives. Why is this so? The basic requirements to stay fit are so easy and within reach. They are:

1. Stop smoking
2. Get your exercise at least for 30 minutes for five days in a week.
3. Eat a minimum of five or six portions of vegetables and fruits each day.
4. Maintain a body mass index of below 25.

These are the basics, and what it really means to lead a healthy lifestyle. However, reality shows that a very small percentage of American adults abided by all four guidelines for a healthy life. Surprising isn't it? What is the meaning of this for most Americans?

### **Let us see the negative side first:**

What is bad is that an unhealthy life style means that you are spending unnecessarily in medicines to treat those sicknesses arising out of that lifestyle! Just think about the additional cost on our health care system, already creaking under a huge burden. On the top of it are consider the lost man hours when you stay away from work due to sickness; sickness you could have easily avoided. The final loss is the shortening of your own precious life span.

Nevertheless, on the positive side these unhealthy lifestyles are alterable and within your reach, and all it requires is changing from an unhealthy lifestyle to a healthy one. This switch will cut your risk of heart disease, diabetes, high blood pressure, cancers, and many other debilitating diseases. So it all boils down to seeing the dangers clearly and taking steps to change.

Let us elaborate on the basic requirements above to put you on the road to good health. Once you realize this and develop the will to alter your unhealthy lifestyle to a healthy one, you will need to do these:

- Stop smoking. It is not without reason every cigarette packet contains the warning "Smoking is injurious to health" so heed the advice and quit. If you cannot manage it alone, there are many plans and guides to help.

- Keep your weight at a healthy level. Sadly for most people, it means losing weight. A body mass index above 25 means you must lose that fat quick. The basics are exercise, eating a low carbohydrate and a low fat diet.
- Get plenty of exercise. An expensive gym, though good, is not all that is needed; just good old walking shoes will suffice. If you are in the overweight category then consult a doctor before starting a walking, running, or weights training program.
- Eat healthy foods. Consume whole grain bread, plenty of fruits, especially citrus fruits and fresh veggies daily. Cereals are an excellent source of fiber, which helps lower cholesterol. Add lean meats to your diet, fish high in omega 3 fatty acids like mackerel and salmon, nuts, peas, and beans. Eat smaller portions and avoid fast food, sugary foods, and 'junk' foods.

Then get plenty of fresh air and drink good clean water. Avoid stress that is a root cause of many illnesses. Maintain a positive attitude and keep no grudges.

## **Beat Obesity With A Healthy Lifestyle**

Beating obesity can be quite a difficult task. Today more than 50 percent Americans worry about losing oodles of excess weight. With junk food ruling, it is getting difficult to slim down despite a large number of gyms coming up. Though it sounds easy, slimming needs a lot of efforts to shed those extra pounds. Apart from exercising, you also need to eat healthy to stay fit. If you have tried all the methods of shedding pounds, it is better you try eating healthy.

To change your shape, you need to change your eating habits. Here are a few tips to beat obesity with healthy eating.

Firstly, you need to cut down on your calorie intake. Calories make you put on weight and thus you should keep yourself away from sweets and foodstuff that are high on calories. It is better to take low calorie sweetener in all the sweet dishes you tuck into. To lose weight many people adopt the wrong path and starve; that can deprive them of essential minerals making them weak. You need to take meals, however, you need to stick to healthy food items.

Eat more of leafy vegetables and fruits that provide you all the required amount of vitamins. Have small meals and in any case, eat less than you would otherwise. Avoid meat and rice. Replace white bread with brown bread. Also completely ignore butter and cheese or you may bloat up again. Eat healthy and stay away from the empty calories of junk food. Many people have invited obesity by eating only junk food like burgers, fries, and pizzas throughout the day.

Avoid fatty foods, and do not eat potatoes as they have the tendency to make you put on easily. Have all fruits except banana as it can also make you gain. Instead of normal milk, go for skimmed milk. Eat small portion of meat and that too, not too frequently. Include vegetable soups in your diet to get the essential minerals and proteins. Chomp on coloured vegetables

like carrots, celery and the like, which satisfy hunger and provide you with calories and ample roughage to keep your systems in good repair.

Drink litres of water to save yourself from fake hunger and avoid eating except at mealtimes. Maintain a schedule for meals and stick to it without fail. Cut down on alcohol since alcohol promotes a feeling of hunger. Maintain a healthy lifestyle to stay fit and slim down soon. To get better results, it is good to not eat bakery products, saturated in calories to give you those extra pounds.

There are several disadvantages of unhealthy eating habits, however with a healthy diet you can only lose extra pounds and stay fit all life long. Obesity can give rise to several other health disorders, thus it is necessary to fight it at the right time. It is never too late to start a healthy diet. You can always consult a doctor to come up with a healthy and fit diet. Apart from healthy eating, increase your activities and burn the extra calories.

Healthy eating when combined with the right exercise, results in slim and healthy body. Learn to control your temptations and eat healthy even when you are in a restaurant. If you have been waiting for long to fulfil your dream of looking slim, you will not be far when you include healthy food items.

## **Get Your Whole Family To Lead A Healthy Lifestyle**

Realizing the ill effects of industrialization and consumerism more and more people are seeking a healthy lifestyle for themselves and their families. Healthy lifestyle is increasingly gaining importance and today large numbers of people are trying to introduce healthy eating habits into their families. And it is not an easy job, particularly when it comes to changing the habits of your fussy kids. Making them switch from junk foods to healthy foods is not a task that can be accomplished overnight. Similarly, it can be difficult for an individual to stick to healthy foods when other members of the family keep munching at all kinds of junk foods. However, when the whole family is interested in leading a healthy lifestyle, it becomes an art of living for everyone.

In a family where every member eats well, there are no chances of anyone falling ill frequently. This offers a lot of mental peace to the elders of the family. Of course, it can get a little tough to persuade everybody to suddenly alter their old eating habits and switch over to a new life pattern. However if you add a little fun to it, it may work out faster. Remember, children get easily influenced by their elders. Seeing you eat good healthy foods day after day they will be inspired to follow in your footsteps. It is important to remember that a healthy lifestyle does not mean only eating healthy items but also eating all your meals at the right time.

To begin with, you can throw away all the junk foods from your home and fill the containers with healthy and nutritious foodstuffs. When you cook, prepare more of vegetable as they are a rich source of vitamins. There is no need to avoid meat altogether. Yes, use of red meat should be avoided or at least minimized as it has more cholesterol. Anyway, cutting down on the intake of any kind of meat is beneficial to health. A small portion of chicken or turkey is just fine for lunch.



Prepare and serve salads so that your entire family can get a good supply of micro-nutrients. Healthy eating does not mean sticking to a particular tasteless diet religiously. You are permitted to enjoy almost all your favourite dishes if only you eat them in moderation. Try to cook your food in various styles so everybody in the family enjoys healthy meals.

What can be greater fun than the entire family going for a morning walk or jog together? If someone in your family is keen on hitting the gym, why not create one right in your own home. To lead a healthy lifestyle it is important to eat healthy foods as well as to work out regularly. Exercising daily will keep your body fit and full of energy throughout the day. It will also keep your brain alert helping you perform better at work or school. A housewife will become more efficient in her household chores. Other than exercising you can also play or go on a trek along with your family. The important thing is to remain active in some or the other way.

Even when you eat out with your family, make it a point to order healthy dishes. Do not deprive your body of the essential nutrients at any cost. It is always better to eat home-cooked food, but be very careful whenever you eat out. Letting go of the eating rules once in a while is perfectly all right as far as you can get back to your healthy eating without difficulty. It is worthwhile to resist your temptation and avoid junk foods. Be determined to live on only healthy foods.

When the whole family leads a healthy lifestyle, it is reflected in their joyous mood and their faces that glow with health. They naturally set a good example for the coming generation. To get your kids to eat healthy foods think of some decent ways to reward them for the same until healthy eating becomes their habit.

Getting your whole family to lead a healthy lifestyle will unite you and help you enjoy a blissful life full of warmth and meaning.

## **Good Food, Good Health - Tips On Getting A Healthy Start**

Millions are being spent to remedy the ill effects of poor eating habits. Eating nutritious good food is the key to good health. It is time we make changes to our diet to get that much needed healthy start. It is never too late to start anything good. Having a balanced diet is necessary for everyone, from small kids to adults and the elderly. It is about eating food that gives you loads of energy and keep you as fit as possible with good resistance to diseases.

Eating healthy does not mean depriving yourself of food you love, staying thin or similar philosophies. Eating smart is not just what you should eat but involves how you eat it. When you eat whatever you enjoy it is imperative that you eat it slowly, relishing its taste. It helps you to listen to your body when you feel full. If you are stressed out your food digestion becomes difficult. It is of utmost importance that you start your day with an early, healthy and heavy breakfast. It is imperative for your metabolism to start. Having small and healthy meals number of times through the day helps. It helps avoid those snacks attacks that cause your weight to increase.

## Some simple basic dietary tips

A balanced diet comprises of carbohydrates, proteins, vitamins, fats and fibers in appropriate quantities. None of these things can be replaced by another if you want to have a healthy body. Anything can be harmful if you overdo it.

- **Carbohydrates:** Carbohydrates are a great source of energy. However overeating can cause weight gain. The good carbohydrates that you get from whole grains, beans, fruits and vegetables help keep your body sugar and insulin levels from rising.
- **Proteins:** Proteins are needed for maintenance of cells, tissues and organs. Eating too little can lead to a breakdown of your system while overdoing it can cause kidney failure. Protein sources with high amount of protein and a lower amount of fat are healthy. Nuts, beans, tofu and seeds are good sources of proteins. Lean white meat, egg white, lake trout, sardines, salmons etc are good sources of proteins as well as good fats.
- **Fats:** Fats are not always unhealthy. Good fats are necessary for building cell membranes for organs like brain, eyes and lungs. Unsaturated fats, mono-saturated fats, poly-unsaturated fats, omega 3 and 6 come in various combinations in various foods. Olive oil, flax seeds, sunflower seeds, sardines, cheese, butter, nuts, cold water fish, etc are contain these good fats in varied quantities and are good for health. Trans fats that come from foods processed in hydrogenated oils are bad fats. Mostly chips, microwave popcorn, fried fast food, cookies etc., processed in hydrogenated oils are harmful for your health.
- **Vitamins and Minerals:** These are the micronutrients that are supporting your body in unique ways. For example, Vitamin A is useful for vision as well as growth of bones, vitamin E for a strong immune system and so on. Vegetables and fruits are good sources of vitamins. Milk and other dairy products like cheese, and yogurt are rich sources of calcium and vitamin D which are necessary for bone health.

When you buy food, be alert about the contents, read labels and go step by step if you want to achieve a healthy life. Support it with exercises and physical activity. Do not avoid what you love; it is only a matter of eating it in right quantities to have a healthy start.

## Good Oral Hygiene- The Way To Healthy Living

Oral hygiene is a vital part of healthy living. People of all ages need to maintain good oral hygiene, if they want to enjoy good health. Keeping your mouth clean makes you feel good and is an indication of good periodontal health. You must understand that oral health is important not just for a dazzling smile, but also for quality of life.

However, it is found that many people especially those over 55 years of age suffer from periodontal disease. Periodontal disease is a painful condition that progresses rapidly. It is characterized by pain during chewing and brushing the teeth. It usually occurs due to change in the bacterial flora coupled with immunosuppressant. The way to treat this condition is by maintaining scrupulous oral hygiene together with proper medical treatment that may consist of

povidone iodine irrigation. This is usually helpful, but in acute cases effective treatment is possible only when it is supplemented with antibiotics. Many times, there may even be a requirement for intravenous medication.

Poor oral health is a potential cause of problems like receding gum lines, loss of teeth, abscess formation and can lead to suppression of the immune system. So make sure that the state of your oral and dental health is not in a low state. Your dentist is the right person to advise you on this issue. You must make regular periodic visits to ensure that you do not fall prey to periodontal disease.

It is rightly said 'Prevention is better than cure.' To prevent periodontal disease and its associated problems, you must make sure that you brush and floss your teeth properly. The aim of brushing your teeth is to remove plaque by brushing. You need to carefully and properly brush your teeth. Most people take brushing their teeth very casually and finish brushing in thirty to forty seconds flat. Brushing your teeth is serious business and proper brushing requires spending at least 3 to 5 minutes in brushing using gentle circular motion keeping the bristle angle at about 45 degrees toward the gums, when brushing the front teeth and gums. When working on outer and inner teeth surfaces use 2 to 3 mm wide short strokes brushing against the gum line. Flossing before brushing will help loosen debris from between the teeth. You need to take extra care for cleaning usually neglected areas like the insides of your upper and lower front teeth and the sides of your wisdom teeth. You should clean the inside surfaces of the front teeth by tilting the brush vertically and using soft vertical strokes with the toe of your toothbrush. When brushing the chewing surfaces, you must hold your brush flat against the teeth and brush in a back and forth motion.

Flossing also requires due care. To floss correctly take an eighteen inch piece of dental floss wrapping the ends around your middle fingers and allowing a one inch section to stretch tightly. Let the floss ease in between your teeth and move your fingers up and down several times to clean between teeth. Curve around the teeth, while moving up to the gum line and under it very gently. Do not use a scrubbing motion, but just move the floss up and down to scrape away plaque. Keep unwinding clean floss as you move on.

And finally, avoid chewing on pencils, chomping ice cubes, jawbreakers and popsicles and above all, smoking. Remember, poor oral hygiene can cause you a lot of trouble in staying healthy and fit.

## **Great Tips To Living A Healthy Lifestyle**

Are you blaming your busy schedule or the weather conditions to make you feel dull and look pale? It's time you take a look at your diet to make a better living. It is sad, but true that many people do not realize the importance of living a healthy lifestyle. No matter what the reasons may be, they will suffer from severe health problems and still they would make no attempts to avoid harmful foods or still would not wish to take the efforts of altering their eating habits.

Weight gain or losing weight or simply maintaining the right balance diet, it all depends on your lifestyle.

The way you feel each day is the result of your habits and eating patterns. To look and feel young and be energetic, you need to keep a track of your food intake and also follow a better lifestyle. Here are a few tips that can help you for the rest of your life to eat healthy and stay healthy to maintain your lifestyle.

Firstly, you need to change your diet. Avoid junk foods and other unhealthy stomach filling items. You can refer to a nutritionist to get a proper diet plan and make sure you stick to it. Every person needs proper and sufficient intake of all the essential minerals for growth and development of the body. Make vegetables and fruits a part of your daily diet and nourishment. It is good to drink plenty of water, as it would flush out all the toxins from your stomach and body. Take care of your clock to eat on time. To keep a long gap in between your meals is not a good idea. Always eat at regular intervals with a fixed timing for better health to improve your lifestyle.

To stay healthy, one needs to do good amount of exercise along with a healthy diet. Spend at least half an hour stretching your muscles. If you do not wish to join a gym, have workouts at home as per your convenience. To make sure you are living a healthy lifestyle, it is good to visit your family doctor for a routine check up. This way, if there is anything wrong with your body, it can be detected early and could be treated on time to save you from later pain. Like other parts of your body, you need to take care of your teeth as well. Visit your dentist regularly and keep your gums and teeth in good shape.

It is better to stay away from bad habits, as they are of no benefit to you, in any case. Smoking will only harm you and those loved ones around you. Stay away from booze and illicit drugs to ensure a healthy living. Sleep plays an important role in your health life. Early to bed and early to rise is the best pattern of living to follow. Sleeping at odd hours and for too less a time will cause fatigue and stress. Nothing should be more important than your body care. So do take enough hours of sleep and at the right time.

A healthy living comes from a healthy lifestyle. If you follow and maintain it, you would feel much more energetic and young than the people of your age. The only way to look good and get the glow on your face is to acquire correct habits and follow proper intake of food. Love yourself and eat that would give your body, what it needs and your body in return would give what you want. So, what are you waiting for? If you have never done this before, it is still not too late to follow the pattern and style of healthy living.