

# 20 Ways to Living a Healthier Lifestyle

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## **Secret Tips to Healthy Living**

Healthy living is something most of seek. Many of us already exercise and try to eat right, and that is a great start to healthier living. Here are two great tips that will take you to a new level of healthy.

### **#1 Take Your Vitamins**

Every day you should take a multivitamin and mineral supplement. Eating health is essential but we don't always get everything we need from our foods, and so taking a daily multivitamin makes sense. Research has shown that when you use good quality nutritional supplements it can help you in achieving optimal health.

A recent study by Wyeth Consumer Health found that older adults taking a daily multivitamin was an inexpensive but powerful way to stay healthy. The group also studied the how taking a multivitamins affected five diseases: diabetes, coronary artery disease, prostate cancer, osteoporosis, and colorectal cancer.

The researchers estimated that giving a daily multivitamin to the elderly potentially save in health care cost of approximately \$1.6 billion in a five year period, as well as avoidable hospitalization for heart attacks of approximately \$2.4 billion.

### **#2 Take the Time to Connect With Others**

We are social beings by our very nature. We create families, nurture our young, and identify ourselves with social groups we are part of. Connection with others and forming important bonds of communication, spiritual health, intimacy, and emotional well being are as important as eating a healthy diet, when it comes to nourishing our bodies.

The world we live in connects us in so many different ways at a technical level. However, the closeness we find with people in our day-to-day lives is actually diminishing. Many spend their days surrounded by people but little communication occurs, and there are many feel isolated.

Physical touch is very important, and you cannot get that from your cyber friends. Studies dating back to the 1930s showed infants who are touched grow faster than those who just left lying in the cribs. Being touched affects our brains and our nervous system.

That's just two great tips that many people are not aware of that can a major role in improving your life and longevity. When it comes to your health, always think outside the box. While nutrition and exercise are two very important components to healthier living, there are many other things that can ensure you remain healthy now and for years to come.

## **Psychologists Recommendations for Healthy Living**

Psychologist makes a number of recommendations for healthy living that work for everyone. The fast paces lives we all lead these days, in combination with being overwhelmed with

technology has caused a lot of health problems for a lot of people – disconnect, sleeplessness, and stress. Here are five great tips for healthy living.

1. Deep breathing – Most of us breathe from our chest rather than deep in the diaphragm. Diaphragmatic breathing involves breathing deep from our bellies in a slow, paced manner. It is one of the best stress management tools you have. If you are not sure how to carry out deep breathing and you have a smartphone you can find apps to help you.
2. Be present in the moment – Forget about the fight you had with your friend, you growing to do list, or the insults hurled on Facebook. Be mindful of the present moment. To help you focus on the moment list five things you see, feel, hear or smell. This can help you stay in the moment.
3. Share hugs – Give a hug and get a hug. According to recent research we need at least four hugs a day. Hugging makes us live longer. As humans we need touch – it calms us, and brings down our reactive arousal system that can be activated when we are stressed or feel threatened. The good news is our hugs do not have to be from humans. The hugs we get from our dogs or cats count too.
4. Take care of your physical needs – You need 30 minutes a day of exercise, or 10,000 steps a day is what you need to keep your body in a healthy state. You can break your time into shorter periods if you like, which can make it easier to sneak your 30 minutes in.
5. Stop being mean to yourself – We are our worst critics, attacking ourselves – about the money we make, the clothes we wear, our weight, our shyness, etc. In fact it is at epidemic levels. What you say and believe about yourself becomes your reality. If you call yourself stupid and give yourself that label, you find yourself feeling stupid. As of today, you no longer say negative things about yourself. Instead empower yourself with positive thoughts.

These five psychologist recommendations will play an important role in keeping you happy and healthy.

## **6 Things You Can Do to Live Healthier**

Most of us would like to live a healthier life, but we are not always sure how to go about doing so. There are plenty of things you can do to live a healthier starting with these six things.

1. If you smoke now is a good time to stop. The science is there – smoking is hazardous to your health. About one-third of the adult male population smokes. 10% of the adult population is killed by smoking related diseases, which equals about 4 million deaths globally a year. Every 8 seconds someone dies from tobacco use.
2. Eat fresh produce at every meal. A recent report put out by the CDC indicates that fewer than 30% of all Americans get the recommended daily intake of fruits and vegetables. Those are alarmingly low numbers. If you complain that you can't eat produce fast enough before it goes bad, consider picking up your produce daily or opt for frozen or dried produce.
3. Make sure you get at least 30 minutes of exercise a day. It will significantly reduce your risk of heart disease. Around 600,000 people die annually in the USA. That's 1 in 4 deaths. It is the #1 cause of death for both men and women. Coronary heart disease costs the US \$108.9 billion each year in health care costs, lost productivity, and medications. Your exercise regime can be

as simple as 30 minutes of brisk walking. It is recommended that you take 10,000 steps a day – most people only take a fraction of that number. What about you?

4. Drink plenty of water so that you stay hydrated. This is needed by your skin, muscles and kidneys function. Being hydrated helps you to remove toxins from your body. We are told to drink eight – 8-ounce glasses of water. Ensure you drink 8 ounces of water before your meals, which will help you to eat less. You should also drink at least 12 ounces of water after your workout.

5. Get enough sleep, because sleep deprivation leads to an increase in the ghrelin hormones, responsible for us craving those foods that lead to belly fat and clogged arteries. It is important to get seven to eight hours each night so ensure that the ghrelin hormone is not activated.

6. Always wash your hands with soap and water often. It is your best defense against infectious diseases, colds, and flu. An international survey found that more than 65% of American adults admitted they did not properly wash their hands.

There you have it – six things you can do to live a healthier life. Why not get started now?

## **Tips to Living a Healthier Life**

Living a healthier life is a focus for many of us, and there are many ways that you can ensure you lead the healthiest life possible. In fact, here are 5 tips to living a healthier life that you might choose to implement in your life.

1. Choose your family – You can't control how your family acts or the baggage they come with. They might be physically dangerous, emotionally harmful, or toxic in a number of other ways. This toxicity has been shown to put you at risk of dying younger. The good news is that you can have a supportive family. You just create your own extended family through friends and older people you know that can take on the role of parents or grandparents. Rather than putting up with the negativity of your blood family, create your own family.

2. Have a person you can confide in – You do not need hundreds of friends. Research has shown you just need one friend you can trust that you can confide in if you want to recover quicker from illness or live longer. Having social support in your life is important.

3. Take back control of your life – There are tons of things in your life that you have absolutely no control over. But the key to healthy living is to focus on how you react to what you can change and what you can't change. Have the wherewithal to accept what you can't change, and the courage to change what you can. It will reduce the stress in your life.

4. Make proper sleep a priority – Getting the proper sleep is very important to your physical and mental well being. A healthy number of hours to sleep is between seven and nine hours every night. Anything less puts your health at risk.

5. Eat nutritious meals – eating healthy foods regularly is very important. Many experts believe that diets or restricting how much food you eat actually are responsible for triggering a number of eating disorders. Instead, just make healthy eating choices, eat the right amount of calories based on the calories you burn, and then stick to them every day so your body becomes accustomed to them and does not go into starvation mode, and

There you have it – five great tips to living a healthier life and enjoying longevity. Why not implement them today?

## **Are You Getting Enough of the Sunshine Vitamin?**

Vitamin D – the sunshine vitamin. It's likely you haven't given it much thought and its role in healthier living. Few of us get enough Vitamin D, especially during the winter months, unless you live in one of the warmer clients.

Our bodies naturally make Vitamin D through our skin, when we are exposed to sunlight. However, shorter days in the winter, and sunscreen use in the summer, most of us do not get enough Vitamin D the natural way.

We need Vitamin D for stronger bones, and to boost our immune system. Our body actually has 200 different cell types that have receptors for Vitamin D, which work at not only building a strong immune system but also repairing cells that have become damaged. It plays a key role in the response of your immune system, including the production of more than 200 antimicrobial peptides that help to find off infection.

A Vitamin D deficiency has been linked to breast cancer, prostate cancer, colon cancer, depression, weight gain, heart disease, and other conditions. That in itself should make you want to ensure you are getting adequate levels of Vitamin D a day.

Vitamin D is also a steroid hormone, which influences almost every cell in the body. Research has shown that it is also a powerful cancer fighting agent. Vitamin D influences more than 3,000 of your genes. So you can see how important this one vitamin is to your overall health.

### **How to Ensure You Get Adequate Vitamin D**

If you live in a sunnier climate, you can easily get the necessary 5000-10,000 IU of Vitamin D daily through the Sun., as long as you have skin that is exposed and has no sunscreen on it. Otherwise, you should be taking a Vitamin D supplement. The best form is liquid as you receive maximum absorption, but you can get it in pill form or chewables too. Don't rely on food sources because it is very difficult to get adequate Vitamin D this way.

### **Get Your Vitamin D Levels Checked**

If you are not sure if your body has adequate Vitamin D, just ask your doctor to run a blood test for you. It's quick and easy and you will know exactly where you stand.

Vitamin D is key to your overall health and longevity. It is one of the most important vitamins for your body, so always make sure that you are getting as much Vitamin D as you should!

## **Change Your Lifestyle – Improve Your Health and Longevity**

Have you been thinking that it's time to make some changes in your life to ensure you are healthier and that you enjoy quality longevity. As we age we tend to focus on our health more

than when we are younger and feel indestructible. The good news is that it is not that difficult to make some small lifestyle changes and reap the benefits.

#### **#1 Choose Organic Foods**

Food that is grown with pesticides and/or herbicides bring toxins to our body that can increase our risk of cancer. Choose organic foods and you will avoid toxins and enjoy increased nutrients. Meat carries the toxins in the fat and actually contains more toxins than fruits and vegetables. If it seems a little overwhelming, begin with choosing organic fruits and vegetables. Later you can add organic meat, dairy, and eggs. These products are becoming readily available.

#### **#2 Make Time for Your Workout Before Work**

Finding time to workout can be tough. By the time your day at work is over you may feel too tired to go to the gym, or you may have many other commitments to deal with. Instead, try to fit your workout in before you go to work. Research shows that those who do this are much more likely to stick with the exercise program. It can be as simple as a 30 minute walk or it can include a trip to the gym.

#### **#3 Avoid Bottled Water**

Tap water contains all kinds of chemicals so many of us turned to bottled water, and we never really know where the water source for that bottled water is. The problem is those plastic bottles leach chemicals too. A better solution is to invest in a Brita filter, which can remove all kinds of chemicals, metals, and toxins from your tap water and leave you with a safe glass of water to enjoy. Remember eight – 8 ounce glasses a day is the recommended water intake.

#### **#4. Include Interval Training in Your Cardio Workout**

Interval training is short bursts of high intensity exercise that is mixed in with lower intensity exercises. It has been shown to help your body burn fat and it boosts your cardio fitness workout. Try adding a 30 second sprint every four or five minutes on the treadmill or on the bicycle put yourself into high gear for 30 seconds. It doesn't matter what you do just significantly increase the intensity for 30 seconds.

Here are four simple tips that can help you make gradual changes to your lifestyle so that you can enjoy the health and longevity you want.

### **5 Tips to Healthy Living During the Winter Season**

Winter is a tough season. Becoming sick is much more likely during the cold winter months, and healthy living is a little tougher. Here are 5 tips to healthy living during the winter season.

#### **#1 Get Your Flu Vaccine**

It seems there is a lot of debate over whether flu vaccines are good or bad. Today's flu bugs are often much more serious than those just a couple of decades ago, which is a good reason to get your flu vaccine. The flu can cause serious complications including pneumonia and in some cases, it can lead to death. October and November are the best months to get vaccinated, but the flu shot is available in January or even later.

The flu vaccine is recommended for children between 6 months and 19 years, pregnant women, people over 50, anyone with chronic conditions, those living in care facilities, and medical staff.

## **#2 Your Winter Superfood is Sweet Potatoes**

Sweet potatoes are the perfect winter food. They are rich in antioxidants, Vitamin C, Vitamin E, beta-carotene, calcium, folate, iron, potassium, and copper. Sweet Potatoes are also high in fiber and promote a healthy digestive tract, and they can help prevent cancer or heart disease. So delicious!

## **#3 Make Sure You Exercise Your Brain**

Exercise benefits your heart, but it also benefits your brain too. Studies have shown that just 30 minutes of moderate exercise, like walking, helps fight off aging of the brain. All exercise counts. Dance is a very good way to pass a cold winter evening and give your brain a boost.

## **#4 Enjoy a Hot Coffee**

Did you know that drinking a hot cup of coffee in the morning can have benefits to your health. Caffeine stimulates your brain and your nervous system, which lowers your risk of headache, mood problems, diabetes, and Parkinson's.

Scientists have found coffee has many beneficial substances, which includes chlorogenic acid a compound that is an antioxidant, and that can improve glucose metabolism. Coffee also contains magnesium, which is a mineral that can improve insulin sensitivity, and therefore help to prevent diabetes.

## **#5 No Weight Gain During the Holidays**

The holiday season in December can lead to a worry of weight gain. There are some things you can do to ensure you don't put on the pounds. It's really simple. Make sure you exercise daily, eat only tiny portions of dessert, keep track of what you are putting into your mouth, and save calories for your favorite foods.

Implement these five great tips throughout the winter and months and stay healthier.

# **8 Foods You Should Eat to Live Healthier**

Living healthier begins with the food you eat. We all know we should eat plenty of fresh fruits and vegetables, minimal prepackaged foods, avoid fast foods, and make healthy food choices overall. In addition making sure these eight foods are in your diet will help you to live healthier.

**#1** Low fat milk and cheese are good sources of calcium and much more effective than taking a calcium supplement. They are also good sources of Vitamin D. It is recommended that you take in 1,500 to 2,000 milligrams of Vitamin D per day to reduce your risk of developing osteoporosis. One glass of milk will provide 300 milligrams of Vitamin D. Low fat milk and cheese are excellent because you get all the benefits without all the fat.



#2 Eat plenty of broccoli sprouts. Did you know broccoli sprouts contain as much as 50 times more cancer fighting compounds than the broccoli heads do? Start enjoying these cancer causing properties today.

#3 Eat fermented foods like miso, yogurt, or sauerkraut. Studies have shown that these types of foods can reduce the risk of developing breast cancer, boost immunity, improve the GI tract, and protect against yeast infections to name just a few benefits.

#4 Replace all your butter and margarine use with either olive oil or canola oil. The omega 3 fatty acids along with the unsaturated fats can help you improve your good cholesterol and reduce your bad cholesterol levels. It can also reduce your risk of heart disease.

#5 Drink six ounces of 100% orange juice every day will reduce your risk of stroke by as much as 20%. This means the type of orange juice that has no sugar added. Look for the fiber rich type if you want additional benefits.

#6 Include cinnamon in your diet for the antioxidant benefits. It does even more – it slows the rate your food is processed and so it stops blood sugar spikes that also cause crashes. Studies have shown just ½ teaspoon a day will lower your cholesterol and blood sugar if you have type 2 diabetes.

#7 Eat a handful of nuts every day and reduce your risk of heart disease by as much as 35%. That's significant. Nuts are also a great source of protein.

#8 Berries should be part of your daily diet. A Finland study found that just five ounces every day will offer you a healthy heart, lower your blood pressure, improve your cholesterol levels, and reduce your risk of cardiovascular disease.

## **Do you Know How to Stay Healthy?**

You might be surprised to discover just how many people are in poor health. There are large numbers of people that are overweight, disabled, struggling with ailments, lacking energy, and dealing with a host of other conditions. So what can you do to make sure you stay healthy, and don't become a statistic? Let's look at the three major factors you should be concerned about.

### **#1 Eat Properly**

Obesity is epidemic in the United States. With more than 60% of Americans overweight and 36% obese. In fact, 32% of all adolescents are overweight. This is alarming. Just a generation ago, obesity was rarely seen. While some of this can be related to genetics, most of it is related to sedentary lifestyles and improper eating.

There is an endless array of books written on dieting. We have seen everything from low fat diets so no fat diets to low carb diets, and everything in between. The best diet in the world is to simply eat sensibly. Include fresh fruits and vegetables, lean protein, whole grains, low fat dairy products. Avoid fat, sugar, sodium, alcohol, and refined sugars. Try to avoid prepackaged foods.

## #2 Exercising

Great you've got your diet balanced, now it is time to exercise. Remember calories in equals calories out will maintain your weight. That means you need to burn off the calories you eat. If you walk at a steady pace for just 20 minutes, you will burn around 300 calories.

Studies have shown that a person's metabolic rate will increase during exercise and will remain elevated for several hours after. That means you get the benefits of that 20 minutes worth of exercise for some time.

Go slow if you have been leading a sedentary life. Start small. If you have health issues always check with your doctor first. One of the easiest and most effective exercises is walking. You need nothing more than a good pair of walking shoes or runners and you will reap all the benefits of exercise including calorie burn, strengthening your heart, building endurance, and improving your bone density.

## #3 Sleep

Sleep is as important to staying healthy as is exercise or eating. In general, an adult needs 8 hours of sleep every night. Sleep is excellent at curing many things because this is the time that the body recovers, and your immune system gets a boost.

A recent study by the American Cancer Society found those that sleep less than 6 hours or more than 9 hours had a 30% higher death rate. So make sure you are getting the sleep you need.

Three simple things that each of us does every day. It's deciding how you do them that matters.

## 13 Steps to Healthier Living

Healthy living – it tends to be the topic of conversation often. But many of us struggle to find our way to healthier happier living. Let's look at 13 steps to accomplish that goal.

### Food

#1 Reduce the amount of unhealthy foods in your diet. These raise your LDL cholesterol, which is directly linked to an increased risk of heart disease.

#2 Health fats should be eaten in moderation. Omega 3, mono-unsaturated, and poly-unsaturated fats are good choices because they will lower your LDL cholesterol and raise your HDL, decreasing your risk of heart disease.

#3 Avoid processed foods, which contain chemicals, along with high levels of salt and/or sugar. Instead, eat fresh fruits and vegetables, lean meats, beans, and low fat dairy products.

#4 Choose foods that are low in sugar and refined carbs. Try to minimize the amount of soft drinks, sweets, and white bread you eat, along with refined carbs.

## Exercise

#5 Always begin your workout and end your workout with stretching. This is a great way to warm your muscles and prepare them for your workout, and then relax your muscles after your workout.

#6 Visit the gym at least 3 to 5 times a week for at least 30 minutes combining your strength and cardio training. You can just go for a brisk 30-minute walk. Why not grab the dog and head out. You will both benefit.

#7 Make sure that you enjoy rigorous activities every day including things like housework, gardening, walking to work, etc. Keep your body moving every day. Remember, 10,000 steps are what you need.

#8 Park your car and head out walking or biking. It's a great way to get your exercise in and save some money too. You can also try parking at the farthest spot at work or the shopping center and walking to your destination.

## What to Avoid

#9 Avoid diets, especially yo- yo dieting. When you lose the weight, make sure you work hard to maintain that lifestyle so that the weight doesn't come back. Yo-yo dieting commonly results in gaining weight. Fad diets should be avoided too.

#10 Avoid too much alcohol. Keep your drinking to moderation. For women one drink a day, and for men two drinks a day is the maximum recommended alcohol intake.

#11 If you smoke now is a good time to stop. Smoking is directly linked to heart disease and lung cancer. It's tough but there are a number of programs that can help you quit.

## Good Hygiene

#12 Make sure to brush and floss your teeth every day. Poor oral hygiene and conditions such as gingivitis have been linked to heart disease. Good oral hygiene should be started at a young age with children.

#13 Wash your hands often with soap and water or use hand sanitizer to prevent the spread of germs, infections, and viruses.

## **Do You Want to Live a Healthier Life? 5 Things to Avoid**

Have you been talking about making some changes so that you are living a healthier life? Good for you! We know some of the things we should do such as eat right, exercise, and get plenty of sleep. Let's look at five things you should avoid.

1. Avoid processed and refined carbs. They offer you no healthy value. Eating any foods with more than ten grams of sugar and less than three grams of fiber per serving will increase your risk of heart disease and/or diabetes. Make sure you take the time to read labels.

2. Do not use artificial sweeteners. These sweeteners are five hundred times sweeter than sugar and no calories, what more could you ask for? You will be disappointed when you learn that research has shown you are much more likely to be overweight if you use artificial sweeteners. That is because the sweet taste of artificial sweeteners causes your body to think it is going to get a rush of caloric energy. Then it does not and you start to crave food so you eat too much.
3. You should not eat bologna, hot dogs, or other processed meats. They are high in fat, salt, and nitrates. Fat and salt are linked to heart disease, and nitrates are linked to some forms of cancer.
4. Limit yourself to no more than one drink a day. More than that can result in an increased risk of dementia when you are older.
5. Do not be fooled by packaging that reads fortified when you are looking at junk food. These nutritional claims that flash across the front of the packaging should not be believed. Instead, take the time to read the label so you know what the ingredients are. Remember enriched flour is simply a fancier way to say refined white flour. Products that list fructose, sucrose, etc are to be avoided – these are just other names for sugar. Make sure you understand what the ingredient listings really mean. Make sure to look up ingredients you don't understand.

These five things to avoid are a great way to improve your overall health, when combined with lifestyle changes. You want to live longer, but let's make sure those later years are healthy ones so you can enjoy quality of life no just live longer. Be good to yourself now and enjoy the benefits now and later.

## **Eat Your Way to Healthy Living**

If healthy living is important to you, then you'll be happy to hear that you can actually eat your way to healthy living. Certain foods offer tremendous benefits to our health both immediate and long term, especially when related to diabetes, heart disease, and obesity.

1. Include legumes (peas, peanuts, beans) into your diet. They are a great source of magnesium, which your body needs to in its role of producing energy for your body.
2. Make spinach your friend. If you consider yourself the salad type, make sure you add spinach to your list of must eat foods. It is an excellent source of iron and it helps to energy filled oxygen to your cells. It is also rich in Vitamin C.
3. Replace white rice with Quinoa. White rice can cause you to have blood sugar crashes leaving you tired and without energy. Because Quinoa is a complex carb, it offers you a stream of energy that continues on. It also contains all nine essential amino acids, which is very rare.
4. Make sure you are eating tons of tomatoes. They are packed with the antioxidant lycopene, which is known to reduce inflammation in your lungs, and reduce allergies.
5. Drink milk that is fortified with Vitamin D. If you are low in Vitamin D you will be more prone to asthma or wheezing. Vitamin D has a protective ability that reduces these symptoms. Vitamin D also boosts the immune systems and builds strong bones.
6. Apples contain the flavonoid quercetin, which is an antioxidant that acts as a natural antihistamine and it can block allergy symptoms.
7. Walnuts are an excellent source of protein and they contain serotonin a chemical that helps to keep you calm and happy. There is new research that indicates that the serotonin can be directly absorbed from food.

8. Eat lots of fish, especially fatty fish like tuna or salmon that are high in omega 3 fatty acids, which can play an important role in the body reducing signs of arthritis, improving cholesterol levels, improving heart health, and improving mood, decreasing depression, and irritability.
9. Make berries your friend. Berries can help to slow the brain's aging process and the powerful antioxidants can protect you from cancer.
10. Eggs are a great source of choline, an important nutrient needed to make the neurotransmitter acetylcholine, which helps with memory. Eggs used to worry us as they were said to increase your risk of heart disease, but research has proved this wrong, so don't worry eat your eggs and your brain will thank you.

## **Healthy Habits to Help You Live to a 100**

Forget yo-yo and fad diets, ridiculous workouts, and big lists of dos and don'ts. Instead, look at the recommendations of centenarians around the world. Longevity doesn't have to be difficult to achieve. Instead, begin by putting into play some common sense.

#1 Start by just getting moving. Get active even a little – shovel the snow, take the stairs, park further away, ride a bicycle, rake the leaves, and just get out there a walk. We are supposed to get 10,000 steps per day. Walking is a great form of exercise that anyone can do. When centenarians are interviewed, the one thing they all have in common is that they all walk.

#2 You should cut your calorie intake by 20%. Serve up your food, and then put all the food away before you sit to eat. Use bowls, glasses, and plates that are smaller. Make sure that you sit down to eat rather than standing or eating in the car.

#3 Having a glass of red wine with your meal is a good idea. Red wine has shown to have some heart health benefits. Of course, it should always be in moderation with no more than two servings a day.

#4 You don't have to become a vegetarian unless you want to but think about significantly increasing the amount of fresh fruits and vegetables that you eat. In addition, make sure you eat at least 2 ounces of nuts a day, and add rice and beans as main staples of your menu.

#5 Figure out what your purpose in life is. What makes you rise in the morning and go through your day? What drives you? Create your own personal mission statement to live by. Give yourself a challenge regularly. It helps to keep you fresh and on your toes. When you have a purpose in your life, you tend to want to live longer and it is good for your psychological health.

#6 Make sure you make time to deal with stress in your life. Learn relaxation techniques to help you de-stress at the end of your day. That might be meditation, deep breathing, a long soak in the tub, or whatever works for you. You can also reduce the stress in your life through better planning. Leave earlier, limit the time spent in noisy environment, etc.

If this all sounds too simple to make a difference in leading a healthy life it's not. It's a good idea to make one or two changes at a time, because taking on all of the changes at once tends to be too overwhelming.

## Healthy Living Begins With Your Mental Health

We spend a great deal of time trying to make sure we are living a healthy lifestyle so that we can enjoy life to its fullest all the while overlooking our mental health, specifically the stress in our lives.

Many of us think we are coping with the stress in our lives, when actually we are not. Stress affects us in many ways. Our bodies experience stress and then they react to it. Not all stress is bad, some is good. For example, having a baby can be stressful but it's a good stress. That said, most of us have a lot of negative stress following us.

Stress is a normal body response to events where a person feels threatened. When your body perceives a threat your nervous system responds flooding your body with stress hormones (adrenaline and cortisol). Your heart pounds, your breath quickens, your senses sharpen. The sense of danger can be real or imagined, but the body's defense system kicks into gear – the fight or flight response. This response helps you to remain focused, energized, and able to respond to the challenge at hand. Stress beyond a certain point is not helpful and can damage your health, your relationships, your mood, your productivity, and your quality of life.

Stress can cause many physical symptoms such as upset stomach, headache, chest pain, high blood pressure, and sleep problems. It can also cause some disease symptoms to worsen.

Consider the following stats:

1. 43% of all adults will suffer adverse health effects as a result of stress
2. 75% to 90% of all doctors visits are stress related
3. OSHA has declared stress a workplace hazard costing American industry more than \$300 billion dollars annually
4. 50% of emotional disorders are the result of stress that went untreated

It is important that you learn to recognize when stress is out of control in your life. The most dangerous thing is stress that creeps up and builds. You get used to being stressed, it feels normal, and you don't recognize the heavy toll it is taking on you.

Stress affects your mind and body, and it can shorten your life, so make sure you can recognize it and you deal with it.

Cognitive Symptoms include memory issues, poor judgment, unable to concentrate, and feeling anxious or constantly worrying. Emotional symptoms include moodiness, feeling overwhelmed, feeling lonely or isolated, and unhappy. Physical symptoms include aches and pains, nausea, diarrhea, chest pain, rapid heartbeat. Finally, behavioral symptoms include sleeping too little/too much, isolating yourself, eating too much/too little, procrastinating, using alcohol or drugs to relax, and nervous habits like pacing.

Take stress seriously. Make sure you learn to handle your stress. Your mental health and your physical health are important to living a healthy life.

## **How to Add 20 Years to Your Life**

What if you could add 20 years to your life without doing anything difficult? Would you do it? Let's have a look at some five simple ways you can do just that.

1. Make sure to stay on top of your health – that means being preventative and having regular checkups and screenings. Being aware of family history that increases your risk of certain conditions and making sure that you stay on top of any tests or screenings you should have.
2. If you are prescribed medication take it – It is estimated around 25% of people do not take their medications as they should. If you have questions about your prescriptions talk to your pharmacist, if you find you need to take too many pills then talk to your doctor, and if you cannot afford your prescription be honest with your doctor they may be able to help.
3. Being a geek is good – A recent study conducted by Rush University Medical Center (Chicago) found those that spend time doing activities that stimulate the brain such as puzzle solving or listening to music reduce their risk of Alzheimer's by as much as 50%.
4. Home safety checks are important – Every year thousands upon thousands of people dies as a result of home accidents. Smoke detectors or carbon monoxide detectors that don't work, loose hand railings, poorly built decks, etc.
5. Adopt a four legged creature – Did you know that having a pet in your life can add an additional two years to your life. Pets, particularly cats and dogs, are known to lower your blood pressure and your heart rate. The Long Life Equation said, that a study done in 2002 found that those who suffered from a heart attack and had a dog, were six times more likely to be alive one year later than those who did not have a dog.

There you have it – five simple things you can do that could add 20 years to your life. Of course, there are many other things such as eating healthy, not smoking, getting regular exercise, learning to handle your stress, learning how to breathe properly, being employed where you are happy, and numerous other things. Live your life, be happy, and make sure when you increase your longevity those extra years are healthy years that you can enjoy. What are you waiting for? Now's the perfect time to implement a few changes!

### **Healthy Living Through the Mind Body and Spirit**

We talk about living healthy, yet we often overlook the importance of our mind and spirit in our overall well-being. We focus on eating right and exercising to improve our health, but we don't stop to think about nourishing our minds and our spirit.

Research has shown that providing nourishment to your mind and spirit reduces stress, improves your relationships, lifts your mood, and protects your health. It's important to recognize that mind, body, and spirit are not independent of each other. So by taking care of your spirit your body and mind benefit too.

### **Let's look at some things to nurture your mind and spirit**

1. Take a job you love. You spend nearly one-third of your life at work. Don't spend it somewhere you hate because it will affect all other aspects of your life.

2. If you have a dream follow it. There's nothing worse than feeling like you missed out on your opportunity. You live once, follow your dreams.
3. Make sure that you make time to socialize with friends, colleagues, and family. Socializing is very important to our well being. In fact, research has shown that a strong social network can actually reduce, even prevent, illness, and it eases stress.
4. Take time off. Make use of your vacation time, don't skip it. Breaks every few months help to keep you energized and fresh. Even if you don't go anywhere and simply spend the time at home.
5. When it comes to nurturing your spirit, if you feel like crying then cry, and do remember to laugh – in fact, laugh a lot it's very healthy for your spirit.
6. Make sure you make time for yourself. A recent study showed people with a packed social calendar are more likely to become sick. Make sure you take one day a week for yourself to unwind.
7. The internet is a great form of entertainment and social media allows us to constantly be in touch with friends and family, but too much internet is bad for you. It can actually leave you feeling lonely and isolated, so limit your time online.
8. Exercising regularly will nourish your body and your mind. Just 30 minutes a day can help to keep you fit and reduce your stress, clearing your mind, and energizing you.

When you are looking to live a healthy life, always remember to include mind, body, and spirit.

## **Physical Activity Plays Key Role in Healthy Living**

Research has shown that physical activity helps us to live a healthier longer life, and physical inactivity leads to premature aging, chronic disease, disability, and earlier death. None of us wants to be one of those statistics, yet when we try to integrate physical activity into our lives, many of us fail.

There are a number of reasons why failure occurs. Finding the time to exercise is a very common complaint. Losing motivation is also a common reason why a person starts to exercise and then quits before long. There are ways to combat how you get past your physical activity block, and it is important that you do so.

Physical activity does so much more than keep you fit. It is an excellent stress reliever and in today's world where most of us are carrying excess stress, this is a great way to help you reduce or eliminate that stress.

Physical activity also increases your energy. Initially you may find you are tired after your workout, but over time if you stick with it, you will discover that you actually look forward to your workout because it energizes you. This is also why so many fitness trainers recommend you workout before you head off to work.

Your heart and lungs are strengthened through exercise, your blood pressure is reduced, weight loss occurs, muscles are toned, and your overall health benefits so that you can look forward to living longer in a healthy state where you can enjoy life.

What to Do?



When we talk about exercising most people's minds jump to the gym. But there are many things you can do besides heading to the gym.

- \* Go for a 30 minute walk daily
- \* Use stairs rather than the elevator
- \* Spend more time moving and less time in front of your TV or computer
- \* Play with your kids – it will get you moving
- \* Go for a bike ride
- \* Look for cycling or walking paths in your neighborhood
- \* Go for a jog
- \* Go to the gym
- \* Get involved with Zoomba, Nia, or Yoga

There you have it – there are many ways that you can get involved and exercise. You don't even have to spend any money on memberships if you don't want to. It doesn't matter what you decide to do just as long as you get up and get moving. You will enjoy the benefits almost immediately and for years to come.

## **Living Healthy Doesn't Have to Cost You More**

These are tough economic times and money is tight. You may be thinking that you will need to give up the healthy lifestyle you've been living. Yes, it might cost more for you to eat organic, and a gym membership might be an expense you will need to avoid, but wait, because here are some great tips to help you save tons of money and continue to enjoy your healthy lifestyle.

If you want to save money on your organic food purchases choose organically grown, rather than certified organic. There are tons of farmers who grow organic but who chose not to endure the cost and red tape of becoming certified. You can save as much as 50% by simply buying organic. In addition, you can save more by not buying organic for fruits and vegetable that have a protective layer like bananas or watermelon, or with foods that aren't generally sprayed with pesticides.

Taking advantage of discounts and coupons can be very helpful in saving money. Seek out coupons/discounts specific to what you want. There are excellent websites to find coupon codes. You can save as much as 20%. Buy the smallest size that's permitted with the coupon to maximize your savings.

If your gym membership is a cost you can't afford, you can still get a great workout. Bootcamps are regularly held outside in group settings and require minimal equipment. They are also very cheap and in an hour you can burn as many as 600 calories so excellent value for your money. You can also take up walking as your exercise program. All you need is a good pair of walking shoes or runners and you can stay in shape. If you have a Wii, another option is to use Wii Fit to stay in shape. If you don't have a Wii you can buy a used one for a fraction of the cost of new.

You can also consider setting up your own home gym if you have the space. Used equipment can be found in places like Craigslist and often it's free. All you have to do is pickup the equipment.

If you need prescription drugs, you can save a little here too. Sign up and participate in a prescription saving program. The enrollment fees are usually low and renew annually that then discount your drugs. Shop around and compare prices among pharmacies. For example, Wal-Mart has some of the lowest pricing.

That's just a few examples of how you can live healthy even when money is tight. What you need to do is think outside the box and get a little creative!

## **Stay Healthy and Prevent Cancer**

Did you know that 50% of serious disease or illness could be prevented if people chose healthier lifestyles? That includes cancer. There are six simple ways that you can reduce your risk of developing cancer or other serious conditions. Now is a good time "own" your health.

### **1. Maintain a Proper Body Weight**

Keeping off those extra pounds isn't always easy, but it is definitely worth your time. Being overweight is linked to a higher risk of developing cancer. Integrate movement into your life. Walk rather than taking the elevator, park further away, get 30 minutes of exercise daily, and walk 10,000 steps per day. Eat a diet that is packed with fresh fruits and vegetables. Remember calories in needs to equal calories out if you want to maintain your weight. If you want to lose weight then you will have eat less or exercise more to burn calories.

### **2. Don't Smoke**

One of the best things you can do for your health is to quit smoking. It's hard – anyone that has quit knows that, but they will also tell you how much better they feel. Don't give up - if you fail the first time, try again and again. Get involved in a stop smoking program through your workplace if they offer one. Never smoke in the car or house where others will be exposed to second hand smoke.

### **3. Drink in Moderation**

Moderate drinking can help your heart and reduce your risk of developing some forms of cancer. If you do not currently drink, there is no need to start. Men should have no more than two drinks a day and women no more than one drink a day. Try to avoid situations that are centered around alcohol, choose non-alcoholic beverages at parties and meals, and if you feel you have an alcohol problem be sure to talk to a professional.

### **4. Sun Protection**

The warmth of the sun feels so good. Most of us look forward to those days. But without proper skin protection with sunscreen, we put ourselves at risk of developing skin cancer. Be sure to always wear protection. Use sunscreen with a rating of 15 SPF or higher, wear a hat, use long sleeves, don't stay in the sun too long, and avoid the use of tanning beds.

### **5. Protect Yourself from Sexually Transmitted Diseases**

Sexually transmitted diseases like HPV are directly linked to certain cancers such as cervical cancers. Make sure to always practice safe sex by using a condom. Don't rely on your partner for protection. Take your health into your own hands.

## **The Does and Don'ts to Live a Healthier Life**

Living a healthier life – most of us talk about it, but only a handful of us actually act upon it. What if you knew just a few of the do's and don'ts that could help you live a healthier life? Would you do them? Here is your chance. Even if you choose to do just one or two of these tips, you will be moving towards a healthier lifestyle.

**#1 Don't eat Iceberg lettuce, do eat Romaine lettuce.**

Replace your Iceberg lettuce with Romaine (or Spinach). Yes, you will lose that crunch that you love so much, but you will do plenty to improve your health. The darker leafy green has vitamins, calcium, potassium, folic acid, twice the fiber, and seven times the Vitamin and A.

**#2 Don't drink black coffee do add milk.**

Studies have shown that caffeine causes calcium loss and contributes to osteoporosis. All you need to do to eliminate this risk, is to just add a little milk. Just two tablespoons will make the difference.

**#3 Don't eat dry snacks, do eat moist snacks**

Did you know that that fresh fruit like baby carrots, cherry tomatoes or baked potatoes are moist snacks that are rich in fiber. There are only a few calories in larger servings so you will feel full on less. Whereas when you eat dry foods like crackers, pretzels, or chips they have tons of calories in small servings.

**#4 Don't drink red wine with your meal, do drink between meals.**

The tannins in red wine interfere with iron absorption in your food.

**#5 Don't use antibacterial soap, do use regular soap.**

Scientists say that using too much antibacterial soap can tamper with how effective antibiotics are. Just basic soap and water will protect you from infectious diseases, flu, and cold without the side effects that antibacterial soap can leave you with.

**#6 Don't sit on the couch, do exercise every day.**

Just 30 minutes of exercise each day can lower your risk of heart disease by as much as 80%. So get up and get up and get moving.

These six do's and don'ts are a great start to living a healthier life. Start small and build from there. A healthier life means you can look forward to living longer and doing so with quality of life. Changing your lifestyle a little bit or a lot – it's up to you.