

# Healthy *lifestyle*

Smart Methods To Achieve an Overall Balanced  
and Healthy Lifestyle



Healthy Lifestyle

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## Introduction

You can become a healthier, happier and more successful person by making a few simple changes to your lifestyle. You will have to make changes to the overall you, not just change the amount of exercise you do or your diet.

The secret to achieving happiness and a healthier you is to balance your body and mind in harmony, it is only when we are balanced in physical health, mental and spiritual that we are truly healthy.

If we are healthy then we are happier and can reach success more easily in life, here are some ways you can bring back harmony and balance to your life

Exercise is an essential part, it helps to tone our body, keep our heart and lungs healthy and detoxifies. Exercise can be anything from more vigorous routines such as aerobics to simply walking, pick your favorite activity and set aside a specific time of day and commit yourself to devoting a half-hour per day towards getting your body back into shape.

Eating right is the next essential step to maintaining a well-balanced life; our bodies need the right number of vitamins, nutrients and minerals to work at its best.

Making changes to our diet is easy, keep away from fast foods which contain a lot of saturated fats and sugar and start including more whole grains, chicken, fish, plenty of green vegetables and try to eat fresh fruit instead of juice when available.

Along with making changes to your diet you should include supplements such as vitamins, nutrients and minerals. Modern farming methods strip many of our foods of the minerals our bodies require and now just provide us with the basic nutrients.

Due to this we might be lacking in certain minerals and vitamins, by supplementing your diet with vitamin and mineral supplements we can ensure we still get all the vital minerals, nutrients and vitamins we need in our daily diet.

Reducing the amount of stress, we have in our life plays an important part in how we are able to cope with it. Stress can do much damage to our body and mind and has been linked with "burnout", fatigue, sleep problems, depression and it lowers our immune system.

Learning techniques on how to cope with stress and worry are essential to keeping yourself balanced and full of energy. There are a wide variety of techniques from simple breathing exercises which can be done anywhere, at any time, to yoga which is a full system for relaxation and de-stressing to meditation.

There are many books, DVDS and CDS available on the subject or there are courses you can attend.

Lastly but by no means the least important is keeping life fun, doing something which you enjoy doing and makes you feel relaxed and happy each day. No, you are not being selfish by taking time out each day just for yourself, this time is essential.

It is just as important as exercising, eating right and reducing stress, your time could be spent doing a hobby or pastime that you enjoy, sitting quietly and reading, taking a hot bubble bath while listening to your favorite music or spending quality time with your family or friends.

It can be anything as long as it's something you like to do and enjoying doing.

## Learning To Live a Healthier Lifestyle

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 TV:** 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.

**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.

- Quit cigarettes.
- Follow a regular exercise program.
- Take alcohol in moderate quantities.
- 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.

## **Better Your Memory By Leading a Healthy Lifestyle**

As you age, you may feel like your memory is slowly losing its ability to store as much information like it used to. Although this is a natural occurrence, you can do things and various exercises to help yourself not easily lose its grip when it comes to remembering things and better your memory.

Memory is defined in psychology as the mental ability of an organism to retain and store as well as recall information.

In the older days, the study of memory falls under the fields of philosophy. People even dig up on techniques to artificially enhance the memory.

In the late 19th up to the early 20th century, the study of memory became part of the paradigms of the cognitive psychology. As of today, this is one of the major fields in the branch of science known as cognitive neuroscience.

### **How The Memory Works**

There are three stages that happen when you form and retrieve information as part of your memory. First, the information is encoded or registered once it is received by your brain.

After that, your brain tries to create a permanent record of the information and store as much as it could. Whenever the need arises, your brain will help you recall the stored information and retrieve whatever will help you on the circumstance that you are in.

### **Disorders Associated With Memory**

The most common disorder that is being incurred in this regard is the loss of memory, also known as amnesia. There are many types of amnesia and studies are being done continuously to know more about

the field as well as to solve the dilemma. Other known disorders that usually hit older people is the Alzheimer's disease.

There is also a disorder that centers into one's autobiographical memory or when they cannot dismiss even the littlest details. This is known as the hyperthymestic syndrome.

## **Better Memory**

You don't have to wait until a disorder hits you before you act on to improving your memory. When you are aware as to how your brain works in getting and storing the information that come from various sources. You can compare your brain's ability to store information to how a computer function.

Your computer will eventually crash if you don't do certain steps to take care of it. You must let it rest and cool off after you have used it for a long time.

You must also do a regular checkup to see if it is still virus free and there are no potent errors that may lead to its crash. This is also what you must do on your brain to make sure that it won't give in or gain lapses through time.

You must treat your brain right so that you will benefit from its superb performance as you age. By leading a healthy lifestyle, you will help your brain retain its usual performance. Even if you think like you are good in remembering things, you must not abuse such ability.

You can help your brain to stay at the top of its game by leading a healthy lifestyle. You must not engage on drugs and other substance abuse. You must also refrain from drinking too much beverages.

Your brain needs a healthy supply of oxygen for it to function well. You can achieve such by exercising regularly and also by getting enough sleep. By resorting to these techniques, you will better your memory in the long run.

## Moving More During Your Work Day

When you're working an office job, it can be a bit of a challenge to get enough physical activity in. After all, there's only so much you can do after work and on the weekend to balance out all the sitting you do at work.

The key then is to make an effort to move more during your workday. Here are five easy and simple ways to do just that.

One of the easiest things you can do is to simply take breaks throughout the day and move around. Use them to walk to the break room, to walk over to a coworker's desk, or just stroll around the office building while figuring out the best way to tackle your latest work project.

Here's another idea. Make it a habit to walk around during phone calls. There's no reason to sit at your desk while you talk. Stand up, grab the phone, and stroll through our office.

Not only does it help you move more and sit less, you'll sound more energized and enthusiastic to the person on the other end. Give it a try.

You don't have to wait until you get to your desk to make an effort to move more. Start your day by parking a little further away and walking into the office building.

Once there, take the stairs instead of the elevator. Taking a few extra steps here and there may not seem like much, but all those little steps add up and they add up quickly.

Another great strategy is to go for a short walk during your lunch break. If you bring your own lunch, it will leave you with plenty of time to head out to a local park, or a quick walk around the block. Not only will this help you boost your daily activity, walking at lunch time will also leave you energized and ready to tackle the rest of your workday.

If you're feeling really adventurous, consider taking walking meetings. Instead of sitting across a desk from your client or colleague, suggest the two of you take a short walk while you talk things over. There's a long tradition of these types of meetings. They can be both pleasant and productive.

As you can see, you can make some small tweaks and changes to your workday that allow you to move more. If you're curious to see how much more you end up walking, put on a pedometer and start keeping track of your daily steps.

## Manage Your 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:*

- Refuse the extra load. Learn to say 'No' when it 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.
- 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.

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- 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.
- Another stress buster is plain simple laughter. Laughing releases endorphins, which help the body.
- 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.
- 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.

## **Looking Good, Feeling Even Better**

How we look on the outside very often reflects how we feel on the inside, if we know we look good on the outside and are getting praise and compliments this automatically gives us a boost and makes us feel good on the inside.

Ways to looking better on the outside and ultimately feeling better on the inside include dieting, eating a well-balanced diet, exercising, and taking general care of your body and also taking care of your mental health.

### **Staying Active**

Keeping active by exercising not only helps you to lose those few extra pounds but also tones your muscles leaving you looking better but also feeling healthier by helping to ward off diseases.

There are many forms of exercise and it doesn't have to be expensive; you can buy cheap basic gym equipment to use in your own home or even take up a form of great exercise which doesn't cost a penny, walking.

In order to maintain the peak of health you should aim to exercise for at least 30 minutes per day every day of the week while maintaining a healthy balanced diet.

### **Eating Right**

A well-balanced diet consists of eating at the right times without snacking in-between and eating plenty of fresh fruit and veg, which are rich in vitamins and minerals.

If you are trying to lose a few pounds then it is essential that you don't eat more calories per day than you are burning off and cutting down on foods rich in salt, fats and carbohydrates is essential to maintaining a healthy body.

A well-balanced diet is considered to be one that includes bread, cereals, fish, lean meat, chicken, potatoes, and dairy products, this along with exercise not only makes you look better but can help to counteract the onset of many health-related problems.

Taking general care of your body includes numerous small things which go towards making you look good, for example having a makeover by way of changing your old hairstyle, getting it cut and dyed can make a huge difference to how you feel and give you a much needed boost.

Paying a visit to a manicurist or pedicurist will give your hands and nails a treat, having your teeth whitened at the dentist can give you good reason to smile more. It's all the little things that can come together to make a big difference that you have to take into account when looking for ways to make you feel better on the outside.

### **Mental Health Is Important Too**

Your mental health, your feelings and thoughts can also make a huge difference to how you feel on the outside and inside. If you have negative thoughts and feelings on the whole, then your outlook will be one of negativity that leads to low self-confidence and low self-image.

Daily affirmations can help you to change your pattern of thinking and help you gain self-confidence and are an enormous confidence booster.

All of the above when combined together can lead to a healthier and happier person who not only looks good on the outside and oozes self-confidence, but is also healthier and fitter on the inside with a better outlook on life in general and so is better able to cope with life.

## **Maintaining a Healthy Weight For an Ideal Healthy Lifestyle**

Being overweight not only looks unsightly and makes you feel less attractive it also poses a far greater risk, a risk to your health. Therefore, there are many reasons why it is important that you maintain a healthy weight by eating well-balanced meals and getting regular exercise.

Being overweight has been linked with many conditions affecting not only our physical health but also our mental health, studies have shown that those people who are overweight and don't get regular exercise are more at risk of developing depression than those that exercise on a regular basis and eat a well-balanced and varied diet.

Experts have agreed that the more overweight a person is then the more likely they are to suffer severe health problems, however once the person takes steps to start losing weight and changes their lifestyle, then the percentage starts to drop.

If you are overweight, then even just by losing 10 or 20 pounds you can begin to reduce the increased associated risks to your health and make improvements. You should defiantly consider losing weight if you are overweight and any of the following conditions apply to you.

If there is a history in your family of certain chronic diseases – people who have relatives with heart conditions or diabetes have been known to develop these conditions if they are overweight.

There are any pre-existing medical conditions – high blood pressure, high cholesterol and levels of high sugar are all signs of illness due to being overweight.

Having an apple shape – if you carry more weight around your stomach then you are at a higher risk of developing diabetes, some forms of cancer or developing heart problems.'

*Illness associated with being overweight:*

- Problems with the gallbladder and especially gallstones.
- High blood pressure.
- Developing certain types of cancer.
- Developing diabetes.
- Developing gout.
- Developing problems with the breathing such as sleep apnea, which causes a person to pause when breathing while asleep.
- Chest problems such as asthma or bronchitis.

### **Gallbladder Problems**

Although it is not clear why, being overweight can have an effect on the gallbladder, gallstones are a very common problem in someone who is overweight and causes severe problems with those who are obese.

### **Heart Disease**

If you are overweight, you are twice as likely to suffer from high blood pressure that is the major cause of and a big risk factor in heart disease and strokes.

Being overweight can lead to a condition known as angina, angina is felt as pain in the chest caused by a decrease in oxygen to the heart. If you are severely overweight or obese then this has been linked to causing sudden death without any warning signs from a stroke.

### **Diabetes**

Being overweight has been linked to type 2 diabetes and is a known contributor to health death, heart disease and blindness; people who are overweight are twice as likely to suffer from type 2 diabetes as those people who are of normal weight.

## **Simplifying Lifestyles In Healthy Aging**

As we age, the preservation and expenditures are sometimes more than we can afford to keep up our residence. As you grow older, your decisions have to modify to your affordability. In view of the fact, you may need to consider moving to a low-subsidized project.

The housing communities make life simpler for you. In the end, you will pay less, which clears up stress. This leaves you room to plan for your future.

In the world are many housing projects, including the projects designed for seniors. You will find townhouses, condominiums and apartments in your area. You have many options, i.e. you can lease, rent or even buy some of the low-cost homes. If you lease or rent however, the owners usually take care of the lawn, which makes your life simpler.

When you move to areas where people are your own age, it often brings you rewards. You can meet new friends. New friends are great, which you can plan activities together as you work toward healthy aging.

At clubhouses for seniors there is always something happening as well. The clubhouses often provide seniors with free meals and fun. Some areas allow you to enjoy bingo. For a diminutive fee, one can join these housings while enjoying two or three meals per day.

The meals are balanced and in proportion, which gives you added convenience. You can save time cooking, as well as have three balanced meals each day.

Perhaps you enjoy golfing. Alternatively, you would like to learn how to golf. If you enjoy golfing perhaps, you can find low-cost housing in your community where golf is optional.

Many communities have low-cost housing near golf courses. Some areas offer golf lessons. While enjoying golf, you can meet new friends here as well.

Our bodies demand that we enjoy activities on a daily scale. In view of the fact, you want to keep your brain and body in active motion. Of course, you need to take time out to rest, yet planning activities and enjoying them daily will help you live a healthier and longer life.

Learning golf will teach you new skills, which is always a great thing to acquire. Learning new skills, artistic quality helps one to stay in touch with self.

Some community residential housing offers you the opportunity to enjoy musicals, poetry reading, lobbying and so on. In the lobby areas, you may enjoy watching the evening news with the new friends you have met.

In some areas, you will find projects that help to keep their seniors happy by taking them on short trips. You will enjoy people your own age while you learn, view new areas, and so on. Perhaps a group of seniors may visit supermarkets, shopping malls and so on.

Some areas that offer you such convenience also provides you transportation. What an added gain, since you can cut back expenses of high-priced car insurance, gas, maintenance and so on.

As you meet new, acquaintances or potential friends learn how to manage your time wisely. You want to learn how to understand your friends by expressing your feelings. Expressing feelings is a great way to relieve the mind of stress.

Put together your new life by discovering the meaning of life and your purpose. Also, discover your peace of mind as you socialize daily finding new relationships to share your journey through life.

## Healthy Lifestyle

Lastly, you want to listen to people around you, since you can learn how to manage your life by clipping out patterns which people have followed to live a healthy aging life.

## **Weight Loss Tips To Live a Healthy Lifestyle**

Obesity is one of the biggest problems faced by millions of people in America. This has resulted in a big weight loss corporate industry in the country like Weight watchers, Jenny Craig and many others. Although there are good programs, I feel people can themselves do quite a bit to reduce their weight.

The two major factors in weight loss are exercise and controlled diet. I have put together several points which will be useful to individuals looking to reduce their weight.

1. Eat at least 5 servings of fruits and vegetables every day. Most fruits are low in calories and make you full sooner. Not to mention the other vitamins and fibers they also contain.
2. Read those nutrition fact labels: It is a good idea to know how many calories you are consuming.

Some foods combo's can be deceptive, for example if you are having a plate of salad topped with lot of high calorie dressing and a soda, they you have just had more calories than you might get from a combination of grilled chicken sandwich (with no cheese and dressing) plus diet soda. So be smart with what you eat. Prefer home cooked food as much as possible.

3. Eating smaller frequent meals will also help you cut down the total intake of calories compared to 3 big meals a day.
4. Give yourself a break: Being too restrictive can anyway demotivate you, so to give yourself regular breaks. But do not over-eat at the same time, be conservative and try to make up for it in other meals.
5. Drinks: Soda, juice, cream is all loaded with sugars which we usually do not account into our diet plan. Drink water instead.

6. Exercise: Do not always depend on your car for everything, walk wherever you can. Go hiking and those backpacks help to burn extra calories. Make friends who have an active lifestyle, join gym or get a treadmill in your home.

Remember to increase your exercise in a progressive manner day by day instead of doing strenuous exercise from day one. Be practical on what your body can take and avoid overexertion.

7. Get motivation: Talk to people who have had success in weight loss and they will give you a lot of inspiration.

8. Get enough sleep, reduce stress and live happy.

9. Reward yourself when you reach your monthly weight loss milestones.

10. Never give up, even if you have failed a few times previously.

11. Eating slowly can lead to weight loss: Did you ever notice that thin people take an awfully long time to eat their food? Eating slowly is one method that can help take off pounds.

That's because from the time you begin eating it takes the brain 20 minutes to start signaling feelings of fullness. Fast eaters often eat beyond their true level of fullness before the 20-minute signal has had a chance to set in.

The number of calories consumed before you begin to feel full can vary significantly depending on how quickly you eat. So slow down, take smaller bites and enjoy and savor every tasty morsel.

It's always best to consult your doctor before starting any weight loss effort and they will also tell you if you have any medical condition that may prevent you to follow these tips.