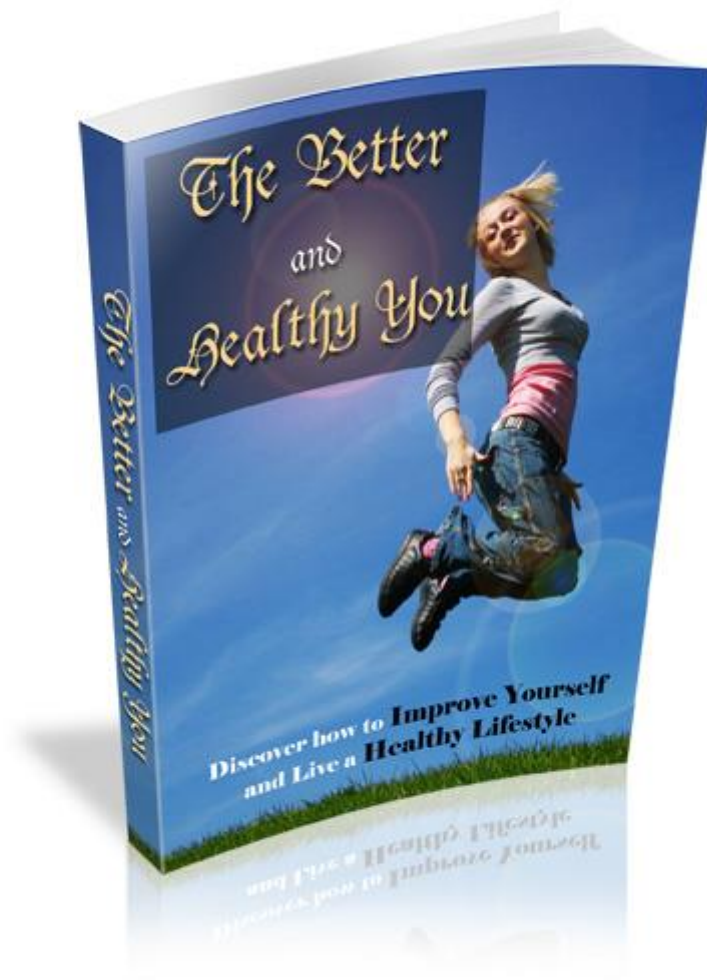




The Better and Healthy You

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Chapter 1: Introduction about Healthy Lifestyle

A healthier, happier and more successful you

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 amount 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 anytime, 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.

12 Tips for better health

The biggest step to aiming towards better health is admitting the fact that you need to make changes towards becoming healthier and fitter. Here are some tips to help you improve your health and help you to reach a new and improved you.

1. Make it a life goal to obtain a healthier outlook on life which will undoubtedly lead to a healthier you, if you are determined to reach a better state of health, making it a reality will be so much easier.
2. Support your new way of thinking by learning everything you can about ways of reaching better health and living a healthier lifestyle. You can use the internet, books, DVDS, clubs, gyms and support groups to your benefit, knowing all you can about healthy living gives you a great base to work from.
3. You have to start somewhere so start by taking a look at your kitchen and reorganizing in preparation for your new way of life. Reorganize your kitchen cabinets, cupboards and refrigerator to ensure that there are no signs of the old you and all the signs of the things that will help you in your new lifestyle.
4. Replace old food with your new healthier choice and don't forget to purchase any small appliances which you will need to support your healthier way of eating, such as blenders and food weighing scales.
5. Get a large planner calendar, pin it up in your kitchen and mark the day when you choose to begin your new lifestyle and stick to it no matter what.
6. From day one keep a journal, this can either be a traditional one or use your computer. You should include all thoughts and feelings about your new ways along with all the changes you see about yourself. This is essential to look back on to see the positive changes that are occurring due to your positive outlook and changes you have made.
7. Positive thoughts and self talk or affirmations are a necessity; they will give you confidence at the beginning and will continue to take you through the tough times which will often occur during the early changes.
8. Along with changes to your diet you will also have to make changes to the amount of exercise you do per day, while good healthy food is essential, exercise is also just as important to help ward off the onset of diseases such as heart disease, as well as helping us to firm up our body or lose a few pounds.

The Better and Healthy You

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