Healthier living in 5 different steps

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Working out at the gym, eating healthy and getting enough hours of sleep sounds like a perfect daily routine! But are there enough hours in a day to complete everything in order to supply the body with proper care?

Regular physical activity, personal behaviors and day- to-day choices all have a major impact on health. Diets and proper standard of living, including regular sleep and nutrition influence both the humans’ mental and physical state. Following a healthier lifestyle includes having motivation in order to ensure proper diet, exercise routine, water intake and nutrition, leading to a more extended life and positive humanity.

1. Set aside time

It’s important to set some extra time in order to perform all of these steps. Decide whether going to the gym will be easier in the morning or in the afternoon. Maybe it works best to take yoga classes on the weekends. Either way, all activities require time and the responsibilities that come along with it. Remember to squeeze in the schedule some time to spread out the three main courses into six little ones throughout the day and set aside time for sleep. According to National Sleep Foundation, adults need minimum of seven to eight hours of sleep each day. It works best to create a plan in the form of a timetable to keep track of hours spent on selected activities. Now, the key role is to stick to that proper schedule and use the allotted time wisely.

1. Get plenty of sleep

Getting a good night rest every day is an important action proven to energize the mind and body for the day. In order to follow the healthy lifestyle, make sure to get at least eight hours of sleep each day. Sleep should be regulated because it recovers memory, extends life span and is proven to improve grades.

1. Drink lots of water

Keeping the body hydrated at all times will prevent dehydration and regulate temperature. According to Authority Nutrition, the health authorities commonly recommend eight 8-ounce glasses of water per day. Recover the loss of water through sweat and urine by having a larger intake of it. Water increases energy levels in body as well as improves brain function and focus. Drinking water also helps lose weight by recovering body with essential nutrients and vitamins. If water is taken before a meal, it tends to fill up the stomach, tricking the brain to think it’s half full, which reduces the number of calorie intake.

1. Eat healthy

Eating and supporting a proper nutrition allows the body to break down foods and provide it with necessary nutrients significant to produce new cells, dispose toxins and give energy to go about the day. Julia Mannella, a Saint Petersburg Collegiate High School health and fitness concerned student, said that in order to sustain a healthy diet, “It’s important to follow the food pyramid.” The food pyramid is a diagram representing an average serving of basic foods which need to be consumed on daily basis in order to gain proper nutrients.

For the people that need to watch their weight in order to reduce further body damage and a risk of developing a heart disease, they need to focus more of their daily habits and attitude towards things regarding food. Cutting out fast food restaurants, processed foods, refined sugars, high-fructose syrup and trans-fats (careful about eliminating the good fats) will improve the way a body feels almost instantly. It will help if it was replaced with beneficial micronutrients such as carbohydrates, proteins, and fats.

Many people turn vegetarian or vegan to follow a more healthy diet. Malayna Tillis, a proud supporter of veganism, said, “Being vegan is certainly for the best. I try not to eat processed foods and listen more to my body.”

1. Exercise

Going to the gym or staying active throughout the day will keep the blood flow pumping.

By working out the limbs and muscles in the body, they gain strength and power to operate. Running is the most applicable type of exercise because it doesn’t require much equipment. Its purpose is to contract and release heart muscles, as well as, circulate blood around the entire body leaving it feeling new.

From years of dietary research and proper care taking skills, fitness and health researchers may agree that lifestyle choices can improve physical appearance and gradually extend life span, so why not start now?