

9 HEALTHY HABITS TO START TODAY

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When it comes to living a healthy life, those small habits can add up to something more significant over time. This can go both ways. Just as healthy habits can strengthen your health, unhealthy habits can weaken you and make you more vulnerable to disease.

Consider developing these healthy habits. Over time, they can make a massive, positive difference to your overall health:

- 1. Use the stairs.** Whether you are at home or in the office, use the stairs as much as you can. Avoid using the elevator or escalator if possible and you'll notice that both your legs and heart will tone and strengthen over time.
- 2. Drink an extra glass of water daily. Water is incredibly important for good health.** Little by little, you can cut out soft drinks and replace them with water.
 - Not only is water free of any calories, but also helps to keep your temperature at a normal level, lubricate and cushion your joints, and protect your spinal cord. It also helps to remove waste via urination, sweat, and your bowel movements.
- 3. Go for a daily walk.** Going for a daily walk is a healthy form of low-impact exercise. Plus it's good to get some fresh air too, as it can help clear your mind of stress.
- 4. Sit up straight.** Good posture can help prevent aches and pains, while also reducing stress on your ligaments. If you find yourself forgetting to sit upright, leave a note for yourself, and it will soon become an unconscious habit.

5. **Get more sleep.** If you aren't getting at least 7 hours of sleep each night, you may find yourself feeling lethargic the following day. **Over time, many of your systems can be negatively affected by lack of sleep.**

- You're likely to crave unhealthy foods too. Lack of sleep causes the hormones that control your hunger to become disrupted, leading to these cravings.

6. **Eat a healthy breakfast every morning.** It is often said that breakfast is the most important meal of the day. Eat something rich in fiber and something full of protein. This is because they can both fill you up and keep you full until lunchtime, helping to avoid those mid-morning cravings.

- **Fiber and protein both have additional long-term health benefits.** For example, fiber is good for your digestion, while protein helps to maintain your muscles.

7. **Eat more fresh fruit and vegetables.** Fruits and vegetables are rich in various nutrients that your body needs for good health. Add at least 2 vegetables to each meal and opt for some fruit when you want a snack. If you can't get them fresh, frozen is your next best alternative.

8. **Balance on one leg.** Stand on one leg for 10 seconds before switching to the other leg. This is a simple exercise that can become part of your neuromotor training. **It can help improve your balance, agility, and mobility.**

9. **Weigh yourself each week.** Make a note of your weight on a particular day. Then weigh yourself on the same day the following week and each week thereafter. Since weight tends to fluctuate daily, a weekly weigh-in will help you keep better track of your weight.

These healthy habits are easy to develop. **To start, just add one or two.** Once those activities become habits, add in another couple. Before you know it, you'll start to feel healthier, with energy to spare.