



FIVE HEALTHY HABITS TO START TODAY

Achieving a healthy lifestyle does not happen overnight. It takes time and commitment. Introducing healthy habits with a gradual process is the way to go to obtain a happy and healthy body. You can't just completely overhaul your life all at once. Let's be serious, it is just not going to happen if you do it all right away. They say that it takes 21 days to adopt a habit. So start slowly by introducing a few at a time, one by one, and build from there. Need a head start? Try these first:

Plan & Prep Your Meals

Get organized! Make a meal plan for the week along with a schedule and grocery list. That way, when you visit the local supermarket, you will have a plan to stick to. All is left to do afterwards is prep the meals that you have scheduled. Now, you have a week's worth of healthy food ready at hand. Good to go!

Set A Positive Mindset

Being healthy isn't just about having a hot bod! Being healthy is all about having a happy mind, body and soul. If your heart and body are not in the same place, it is just not going to work. You must focus on the good and have a positive outlook on life. No matter what type of situation you may face, turn that frown upside down and snap those negative thoughts out of your head. They are all lies! You can do anything you want as long as you set your mind to it! Get out of your comfort zone and push through. Being your own bully is just setting you back.

Cut Sugar Out Of Your Diet

I'm not talking about the good natural stuff, I'm talking about the processed junk. Processed sugars are so bad for you and they have no nutritional value whatsoever. Did you know that consuming these sugars could even strip your body's nutrients as it passes through your system...? Or, that sugar spikes your insulin levels, which can eventually lead to an increased fat storage? They are empty calories! Ditch em'! I know this may seem hard to do since sugar is literally hidden in everything these days! But, if you learn to read the nutritional facts and

ingredient lists from all packaged foods that you purchase, this will make it much easier to detect.

Get Moving In The AM

This is a great habit to have! When you wake up in the morning, start moving. Whether you like to go for a run, do some yoga or even do a few stretches, do it! Exercising as soon as you wake up will kick start your metabolism and make you feel more energized. It will also set the pace for the rest of the day and encourage healthy choices.

Go to bed

You must get sufficient rest in order to achieve a healthy lifestyle. I know this is easier said than done, especially if you have a family to care for but it is possible. Balancing work, family, friends, exercise and sleep can be challenging however, if you plan for it, it will be easier to manage. Aim to get around 7 to 8 hours of sleep per night. This will allow your body to regain its strength and function better. If you don't properly recoup from your busy day, you may be slowing down your metabolism. To ensure a good night's rest, try stepping away from technology an hour before bed. Yes! This means, no TV and no Facebook. Instead, try having a bath or reading a good book.

What Healthy Habits Have You Introduced To Your Lifestyle?