

## HEALTHY HABITS

### 1. Get your exercise

Regular exercise is probably the closest we can get to a fountain of youth.

Many exercise authorities suggest 30 minutes of exercise, 5-6 days a week, giving your body one day to rest and recuperate. The exercise doesn't have to be a gut-wrenching, iron-man type experience. Something as simple as a brisk 30-minute walk can work wonders for your health and literally add years to your life. And it can be supplemented by taking the stairs at work, a 10-15 minute walk during lunch, or having a small pedaling device at your desk. The main thing is to find exercise that you enjoy, not something that's an ordeal.

### 2. Always eat breakfast

People who have breakfast tend to take in more vitamins and minerals and less fat and cholesterol. Eat things that are high in fiber and proteins which keeps you feeling full and energized. These include whole-grain cereals and breads, low-fat milk, fruit, and yogurt.



### 3. Practice healthy eating throughout the day

This habit includes such things as eating more fruit and nuts and avoiding sugary drinks and snacks.

And chew your food! Many nutritionists recommend chewing each mouthful 20-30 times to get it into its most digestible form. Studies have also shown that chewing slowly reduces calorie intake by about 10%, partly because it takes your stomach about 20 minutes to tell the brain that it's full.

### 4. Stay hydrated

Getting the proper amount of water is extremely important as every cell, tissue, and organ in our bodies needs water.

To help develop and keep this habit, many devices, from “smart bottles” to numerous free apps, are readily accessible to keep you properly hydrated.





## 5. Don't neglect dental hygiene

The bacteria that produce dental plaque enter the bloodstream and are somehow associated with inflammation that blocks blood vessels and causes sickness. So, get in the habit of giving your teeth a good bedtime flossing and add years to your life.

## 6. Get your sleep

As we sleep, the brain clears away the debris of the day's work while resetting and restoring nerve networks so that they can function fully when we wake.

## 7. Challenge yourself

Take some art lessons and find your inner being. How about learning another language? Or Explore something new and learn. As we said, the list of healthy habits is virtually endless. We think these suggestions will lead you to a healthier life, but you need to be true to yourself. Find the healthy habits that work for you, whether they're ours or from others, and stick with them!

**MAKE YOUR DAY JOYFUL.**

