

How to Be Healthy | Five Ways to Revitalize Body and Mind

When we think about being healthy, it is easy to think of hours at the gym or fad diets. Yet you can maintain a healthier lifestyle that benefits both body and mind by following simple strategies. Here are some easy techniques to stay on top of your wellness.

Find Your Outlet

Stress is pernicious, and some may try to manage it with alcohol or drugs. This can accentuate the problem and cause additional health issues. This is especially so for [women](#), as research shows they are at higher risk of breast cancer if they have at least one alcoholic drink per day. Healthy [outlets](#) are varied for a multitude of lifestyles. You might meditate each morning or evening, or practice yoga. If you have thoughts that still bother you, then consider jotting them down. Putting our feelings into written form can be surprisingly cathartic. Whatever outlet you choose, remember, to be kind to yourself, and avoid harmful ways to attempt to lessen your stress.

Stay Hydrated

One of the healthiest habits you can have is to stay [hydrated](#) by drinking about eight cups daily. Water may not be the most glamorous way to keep yourself healthy, but its benefits are plain to see for your physical and mental health. If you do not already have one, then consider using tumblers so that you can stay hydrated without having to resort to bottles when outdoors. While standard water is more than sufficient, if you'd like to spice things up, there are plenty of options to avail of. You might look into the enhanced or flavored choices on sale, or even add fruit or herbs to ice cubes yourself.

Eat Healthily

It goes without saying that what we put into our bodies can directly contribute to our health. Don't radically transform your diet overnight. You might choose one [meal](#) per day that you can replace with healthier alternatives. Eat regularly, and supplement your breakfast, lunch, and dinner with nutritious snack options including health bars. When introducing new ingredients, look to focus on building a rainbow diet as [color](#) can be one of the best indicators that your meals are sufficiently full of fruits and vegetables.

Disconnect

A big source of stress and poor health can, surprisingly, be the [tech](#) we surround ourselves with. Foremost is its impact on how well we sleep at night. Device screens

emit blue light, which can interfere with our body's circadian rhythm. Come morning you may find yourself already feeling fatigued. To compound matters, if we are not sufficiently rested, we can be more prone to poor physical and mental health. Social networks themselves can keep our minds active, and whether you are catching up with friends, or reading something upsetting, it's not going to help you sleep. With that in mind, disconnect come evening, at least an hour before bed.

Get Moving

Being physically active does not need a dramatic change in lifestyle. It's something that can be easily integrated into your day-to-day. [Working out](#) daily has plenty of benefits both for body and mind. You do not have to take up a gym membership. Home workouts are more than viable when starting out, and can be adapted to be done alongside chores or other activities. [Walking](#) can be a significant habit to adopt. You might take a walk around the block, take the stairs, or park your car farther from your destination to score more steps. Download an app to record the number of steps you take, so you can gradually build up how much you walk each day. It's easy to walk in place or in small circles around the office. Every little bit counts, and the more steps you take, the healthier you may be.

It may seem like a lot of change to lead a healthier life but most of these alterations are small, and easy to manage. It's OK to go slowly, as all these steps will add up over time. Creating a healthy life, one free of harmful habits and unhelpful coping mechanisms is well worth the effort.

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