

Tips on How to Be Healthy...

- **Drink Lots of Water**

Helps metabolism, nourish body, and helps with skin!

- **Move Around!**

Simple things like for instance climbing stairs, walking dogs, mowing your lawn, cleaning your house, dancing and other moving activities can burn a lot of calories. What is more engaging about moving around is that you don't just lose weight but you also relieve your mind and your muscles from stress. According to recent studies, movement is one of the best stress relievers so don't just sit all day in front of your computer at work. Stand up let's say every half hour and stretch your legs.

- **Stop Smoking/Drink Less Alcohol**

A very momentous fitness tip is for you to quit smoking and concentrate on staying healthy and fit. Tobacco-smoking is definitely bad for the body. Smokers often suffer from different types of diseases including certain types of cancers. If you value your health as well as your life, throw that tobacco away. Large amounts of alcohol, especially liquor, have lots of calories and cause stress to the heart, other organs and dehydrate your body.

- **Don't Stress**

A lot of us who are under constant pressure tend to eat too much and do not take good care of their bodies. If you are one of them who are constantly too stressed-out to think straight, take a break and appraise the kind of life that you have.

- **Stay away from Food high in fat**

Most of us love it; going to MacDonaldd or Burger King from time to time. It's so easy and simple, and cheap. However, your body doesn't like too much of it. Therefore you should eat as little fat food as possible. If you eat pork, cut off the fat parts of it, chicken is good food and can be prepared in many delicious ways and the same goes for fish - it's so healthy and the fat you get from fish is the good kind of fat that your body needs. If you combine these foods with high fiber bread, vegetables and fruit and make this a habit, you will lose weight and become healthy.

- **Drink tea**

Help to decrease the risk of cancer in alimentary canal system , and also decrease the risk of heart disease.

- **Sleep!**

Sleeping at least for 7-8 hour a day to help your immunity system strengthen , body cell is built well up , the brain is bright , and the weight can be down.

Reasons to get enough sleep:

- Learning and memory
- Metabolism and weight: Chronic sleep deprivation may cause weight gain by affecting the way our bodies process and store carbohydrates, and by altering levels of hormones that affect our appetite.
- Mood
- Cardiovascular health: Serious sleep disorders have been linked to hypertension, increased stress hormone levels, and irregular heartbeat.
- Disease: Sleep deprivation alters immune function, including the activity of the body's killer cells. Keeping up with sleep may also help fight cancer.

(The Harvard Women's Health Watch)

- **Do Research**

If you want to improve on your body or specific areas, do your research on how to improve on it and what foods are good to eat- Eat it if you like it!

- Get friends to join you
- You should want to be healthy, not just look skinny
- **Do/Eat what you like!**
- **Eat Breakfast! Gives energy, eat less throughout the day!**
- **Not really bad foods...just bad amounts...**
- Look at your schedule a week ahead- bring nutritious snacks, water, shakes, make meals ahead of time
- Have FUN!! (use music, group exercises to motivate you, dance, etc.)

<http://www.buzzle.com/articles/fitness-tips-how-to-become-healthy-as-well-as-staying-healthy.html>