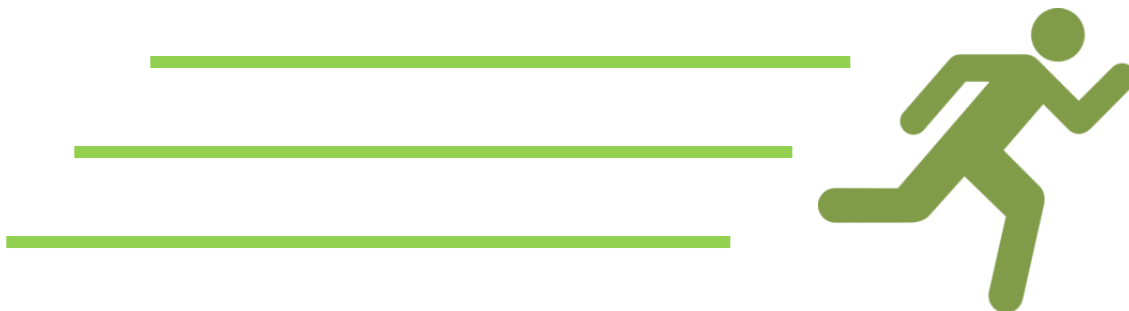# What does living a healthy lifestyle mean?

Many people think that living a healthy lifestyle means eating healthy food, exercise or a combination of both. There are many things that contribute to a healthy lifestyle, some are mental, and some are physical.

Living a healthy life **does** mean that you choose to eat foods that are healthy for you, such as fruits, vegetables, nuts, lean protein, etc. It also means that you make the decision greatly limit fast food, fatty and processed foods, foods high in sugar and salt. These foods are not only very high in calories, but have little to no nutritional value to our body and they are filled with chemicals that wreak havoc on our body.

Exercise

Exercise is an important part of a healthy lifestyle. Getting some kind of activity in your day does wonders for your mood, helps digestion, and aids in losing weight.

- You don't have to do P90X or work out ferociously to get benefits from exercise.

- Just getting outside and getting fresh air & sunshine is a start…go for a walk, play outside with your children, go for a bike ride, run, walk, etc.

- You can park further away from a store or take the stairs instead of the elevator.

- You can take yoga, Zumba or any class that interests you.

- Use video games systems that incorporate exercise, such as the Wii, Kinect, or Playstation Move.

Drink Water! Drink Water! Drink Water!!!!!

- Drinking water is SO important in living a healthy lifestyle.

- Drinking water really helps with controlling hunger if you're trying to lose weight.

- Break the norm and drink MORE than 8 glasses of water a day!

- Try drinking a glass of water when you wake up, before each meal, with snacks and before bed.

- If you don't like water try fruit infused water. It is a tastier alternative to just drinking plain water.

- Dehydration Is 100% preventable

- 75% of Americans are "chronically dehydrated"

Get Plenty of Rest

Getting enough sleep is important to everyone, not just to those trying to lose weight. For those trying to lose weight, not sleeping enough causes hormonal changes to take place in your body that leads to weight gain. The extra hours awake may lead to unnecessary eating. Additionally, the houses we are not sleeping are often hours that you spend doing sedentary activities such as watching TV, sitting at a computer or reading a book.

Cut Down on Stress in Your Life

- Stress can really wreck a healthy lifestyle.

- Making healthier food choices can help you feel better and exercise can help you relieve stress.

- A good sweat, a swift walk or jog or a fun dance session will help in relieving stress.

Some other important aspects of living a healthy lifestyle are limiting alcohol, having a positive attitude, and getting sunshine and fresh air!

Try these simple steps to get you on your way to a better you!