

Practice healthy lifestyle and live longer

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Practice healthy lifestyle and live longer. You cannot fail to be healthy with it. Healthy lifestyle involves all good habits in life. It covers the physical, mental, social, and spiritual aspect of life. Healthy lifestyle means living with optimum health. It means living with vigor, joy and zest for life. It is eating nutritious food, doing regular physical exercise, practicing good habits, having positive mental attitude, and trust in God. Practice healthy lifestyle and live longer. Eat balanced diet of nutritious food from natural sources.

Take Herbalife products and be sure that all you take are from herbs and natural. Avoid processed foods that are loaded with MSG, aspartame, caffeine, alcohol, hydrogenated fats, synthetic enhancers, flavorings, colors, preservatives, and other additives that are detrimental to health. Have a regular physical exercise outdoor with abundance of fresh air and sunshine. It is good for burning up excess fat in the body. It is good for the proper elimination of toxic waste in the body. It is good for blood circulation to nourish all organs of the body for optimum health.

Maintain personal hygiene. Take a bath daily and feel fresh. It cleans the body and the mind as well. Clean your home and its surroundings, and let sunshine and fresh air come in. They have effective cleansing effects to rid the home of allergens, germs, bacteria, viruses, and other pathogens that may bring diseases. Practice healthy lifestyle and live longer. Never use illegal drugs ever, and avoid alcohol and other intoxicating drinks. Quit smoking and stop poisoning your system with hundreds of toxic chemicals and carcinogens.

Avoid stress and do not abuse your body. Have a restful sleep for the rejuvenation of your body. Socialize with your neighbors and other people in the community. Join charity activities and give generously to the poor. It is best for physical, mental, social, and spiritual health. It invigorates the blood, it brings joy to the heart, it brings peace to the mind. Practice healthy lifestyle and live longer. Take Herbalife products and be in good health. Live your life fully with the best of health to serve God and your fellowmen.

Healthy Lifestyle Practices Ever wondered if you are leading a healthy lifestyle. Eating right, a regular work out regime and regular health check ups, quitting alcohol and smoking, reducing stress levels, breathing fresh clean air are important to lead a lifestyle that enhances your longevity and look and feel wonderful about yourself. Eat Right: Eat diets rich in nutrients. Include good amount of fruits and vegetables in your diet and try following a diet regime that is both healthy and fun.

Diets rich in vitamins, minerals, fiber reduce risks of heart diseases, diabetes, obesity and other related diseases. Take right amounts of proteins, carbs and reduce saturated fat intakes. Have 5-6 small meals and snacks per day, a fruit or a healthy snack will do the trick. Key is to keep yourself energized and charged with the right kinda food. Work Outs: Working out is the most important activity you could do to maintain a perfectly healthy lifestyle. Go for a jog or a brisk walk at places with low pollution levels.

Cycling, swimming, or a half hour brisk walk on your treadmill will do you good. Keep drinking sufficient water in between exercises keeping yourself hydrated. Work out helps you get back in shape, gets you into your favorite

pair of jeans that wouldn't otherwise fit you, boosts up your confidence levels helping you perform better at work, develop an envious toned body. Exercise improves your heart function, lowers cholesterol and blood sugar levels and diabetes. Maintain Schedules: Go to bed and wake up just about the same time every day.

Do not disturb the body's natural sleep-wake patterns, called circadian rhythms. Maintain a regular bedtime schedule and help prepare the body to sleep at the desired time. Avoid alcohol before sleeping; it could give you disturbed nights. Say no to Smoking and Alcohol: Smokers have twice the risk of heart attacks than non smokers. Excess alcohol damages the liver, results in dehydration, causes heart disease and hyper tension. Address your drinking problem and get down to safer drinking levels instead of abruptly stopping it which might have its own negative effects.

Addiction is psychological whether its smoking or alcohol, a conscious effort can be made in avoiding them. Maintain Stress Levels: People with high stress levels are at a risk of having coronary heart diseases, stress increases the pulse rates which might result in attacks. Try practicing yoga and listening to soothing music to reduce stress levels, try to divert attentions if you feel stressed. Do not over react to situations, learn to handle issues with elan and decrease hypertension.

Healthy Environment: One of the most significant aspects of a healthy lifestyle is the environment in which you put yourself in. Being in fresh clean surroundings creates a sort of happiness and well being. Light a candle, soothe yourself, have a quite dinner with your loved ones, create the right

ambience where you are most comfortable and happy. Take occasional vacations, explore new places. An occasional change of air does immense good to both how you feel and look. Try these and you could be well be on your way to a happy healthy lifestyle.