

10 Amazing Ways to Stay Fit and Healthy



The only time most people worry about their health is when they lose it. A healthy body and mind are one of the finest gifts of human life. When there is peace of mind and sound health, you can accomplish great things and enjoy life to the fullest. As Jim Rohn once said, "Take care of your body. It's the only place you have to live."

Here are some tips on how to stay fit and healthy.

1. Exercise

Life is very busy. But, even the busiest people can add more time to their day by exercising. Yes, even if you get out for a walk a three to four times a

week, for 20-45 minutes, it is good enough. Exercise keeps you healthy and in the right frame of mind. The most successful people prioritise their health and they find time to exercise first thing in the morning, or even late at night.

2. Sleep



In the age of electronic devices, radiations and sedentary lifestyle, sleep comes as a great relief for the body. It affects your physical and mental health. Lack of sleep can adversely affect metabolism, induce irritation, stress, concentration and the immune system. A good sleep acts as a detox, it allows the body to recuperate from the hectic workdays, repair and rejuvenate itself. Getting enough sleep for at least 7-8 hours is recommended to stay in top physical and mental shape.

3. Eat Your Breakfast Daily

How you start your day has a great bearing on what you do through the day. A good and healthy routine in the morning can set yourself up for a great day. A healthy breakfast starts your day off on the right note. It fuels you with the energy and nourishes your body.

4. Drink Water



60% of adult human body is made of water. Water is a vital nutrient for us and life of every cell in our body. Keeping yourself hydrated keeps you and your brain healthy. The 73% of our brain is water. Water acts as a shock absorber for the brain. Infact brain ceases to work properly when it is not hydrated. Water is necessary for a healthy body and mental health. Our organs and digestive system are cleansed by water.

5. Express Yourself

With the increase of social media, chats and messages, human beings are becoming less expressive. It is important to let your emotions out. Expressing yourself relieves you of the stress and it also builds healthy relationships with people around you. When you don't express things, it can cause mental and emotional stress, it can often lead to physical ailments too. You can either speak to someone or even write a journal to express your feelings.

6. Eat Healthy Foods



A balanced diet is essential for a healthy body. You can't let your food cravings ruin your health in the long run. Stay away from foods that can

cause long term harm to your body. The right amounts of fruits, vegetables, whole grains and proteins on a daily basis are important for a healthy body. For protein, consuming lean sources of protein like poultry, fish, beans and tofu are recommended by medical practitioners.

7. Get Rid of Bad Habits

Addictions are unhealthy. You should quit smoking, drugs, alcohol, and other unhealthy addictions. Don't let yourself be a victim of these addictions. You control your life by living a healthy life or let your life be controlled by your addictions. It's your choice. Maintain a healthy routine by yoga, meditation and exercise, they help your brain by releasing chemicals that will reduce the urge and cravings for addictions.

8. De-stress



It's important to unwind yourself doing things that you love. We live in an ultra competitive world, finding peace with yourself can be hard. Most successful persons have hobbies and things they like to do for destressing themselves. It could be Yoga, reading a good book, walking, running, talking to friends, traveling or anything you cherish. Even a small break from a routinely stressful day can act as a stress buster.

9. Fitting More Activity into Your Day

How active is your day? Most people end up sitting at desk the whole day, coming home tired and sleeping after dinner. It is important to be more active physically. Human body needs exercise and activity for its well being. Small changes like taking the stairs instead of the elevator, walking to

nearby retail stores, stroll after dinner etc can be very helpful in the long run.

10. Regular Check-ups for healthcare



Our lifestyle can get to us. It is important to take care of health proactively and not fix when it is broken. Your regular visit to a healthcare center once in every 6 months can save you from unwarranted trouble. Get yourself examined when things are not right physically. In case of any physical distress, it is best to consult an expert and seek advise. A healthy body and mind can make you a better person and improve your life.