**Leading a healthy lifestyle as a female**

If you are a woman trying to improve your health and lose weight, you know that it can be frustrating when you don’t have enough time in your day to do the obvious exercise. However, it is getting easier to just do an accelerated ten to fifteen minute workout and experience good results. So there is hardly any excuse to leading a healthy lifestyle. Exercise and proper nutrition will result in weight loss and optimal health. Therefore, your results will show in how you approach this.

Health, weight and exercise go hand in hand. However, a lot of people don’t have the right mindset when it comes to weight loss. If the principal goal for losing weight is to focus only on dropping the pounds, then you will not remain consistent. Your main objective should be about maintaining a healthy lifestyle. Once you embrace and assume this type of mindset, then the loss of weight will automatically follow.

**Eliminating bad habits**

The first place to begin is to get rid of bad eating habits such as opening a large bag of chips and eating it while sitting in front of the television. Many women are guilty of this. Nothing is wrong with consuming a little snack here and there, but don’t make it a regular occurrence and if you are going to eat snack, don’t eat from the bag. Put some in a small bowl. This means when you have consumed what is in the bowl, you won’t reach for more.

Be careful when consuming alcohol because your body may not be able to handle large quantities of alcohol. A little red wine with your meal is not harmful. If you are a smoker, you may want to work on this bad habit because it is really not good for your health.

**Get up and move!**

In the grand scheme of things, your body should experience some kind of movement every day. That is why people get up and go to work and run errands. Sitting on the couch is not going to allow you to reach optimal health. Your heart and bones need exercise. Remember, exercise is not just about losing weight. Exercise helps to build stronger bones, prevent many health issues and strengthens the immune system. Exercising three times per week is good enough to start. This may be debatable by many experts, but since many women have busy schedules (running a family and working), it is best to be realistic and practical.

**Eat the right foods**

You should feed your body with the right nutrients and in the correct proportions. In your diet, you should include protein, dairy, fruits, vegetables and grains. Try to forget about the candy, sugary juice, sodas and chips, but if you are going to have any of these, then do so sparingly. Stay away, as much as you can, from foods high in trans-fat and saturated fat. These will increase your cholesterol level.

Eat more white meat and instead of bottled juice, you should opt for freshly squeezed juice. Instead of choosing processed foods, you should include whole foods into your diet.

**Conclusion**

Losing weight is simpler than you think. If you apply the things you learned in this article, you will be well on your way to not only shedding those unwanted pounds, but living a healthy lifestyle. There really isn’t any excuse not to include some type of activity in your daily routine.

You can walk your dog, bike around the block, do daily household chores, mow the lawn, gardening, playing basketball in your back yard and doing pushups during every commercial. In addition to exercise, once you gain control over your appetite, it will be much easier to choose your foods even when you go out to eat. Cheers to a healthy approach to losing weight!