



be healthy! be free!

10 HABITS OF HEALTHY PEOPLE

Believe it or not, living a healthy life is simple. Here are basic health tips that could lead you to being fit and fabulous. Make it a habit to go back to these basic healthy habits now!

- 1 Healthy people drink eight to ten glasses of water everyday.** Drinking plenty of water helps flush out harmful toxins from the body. It also keeps you well hydrated, providing essential moisture to your skin and body.
- 2 Healthy people exercise regularly.** Thirty minutes of exercise everyday promotes better blood and nutrient circulation to the body. Exercise helps tone and strengthen muscles. Studies have also shown that people who exercise regularly have a happier and more positive disposition in life.
- 3 Healthy people get enough sleep and rest.** A good night's sleep allows your tissues to rejuvenate and get adequate amounts of oxygen. Enough rest will also help you feel less stressed and cranky within the day.
- 4 Healthy people eat lots of fruits and vegetables.** An all-natural, organic and colorful diet of fresh fruits and vegetables ensures that your body is getting the right minerals and vitamins. This kind of diet also lessens your chances of being overweight or obese since fruits and vegetables are high in nutrients but low in fat.
- 5 Healthy people don't smoke.** Smoking increases your risk of lung cancer, heart disease, and a host of other illnesses. It also destroys the Vitamin C stored in your body and hampers blood and oxygen circulation in the body.
- 6 Healthy people limit their intake of saturated fats.** An unhealthy intake of saturated fats, found mostly in butter, whole milk, cold cuts and beef, has been associated with a wide range of medical conditions including heart disease, cancer, obesity and diabetes.
- 7 Healthy people load up on fiber.** Your risk of getting constipation, colon cancer and breast cancer is dramatically reduced by increasing your fiber intake. Fiber also promotes a good digestive system. Fiber rich foods include whole grains and beans.
- 8 Healthy people take the correct vitamin and mineral supplements.** A multivitamin loaded with minerals, and preferably an anti-oxidant formula, calcium, folic acid, Vitamin C and E, will add to your over-all health regimen.
- 9 Healthy people avoid refined and processed food, sugar, white flour and alcohol.** These types of food pack on the calories but are virtually zero in good nutrition.
- 10 Healthy people know how to relax and unwind.** Taking time out to de-stress every day contributes greatly to your total well-being as a person. Meditation prevents you from focusing on negative thoughts and draining your mental and emotional energies. By taking a breather, you not only have a healthy body, but a healthy soul as well.