



# **Building a Healthy Lifestyle**

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A healthy lifestyle provides you with energy, improved mood, increased self-confidence, mobility, flexibility and strength. Before getting started, however, you need to first evaluate your mindset.

Think about why you want to lead a healthy lifestyle. Maybe because you want to improve your physical health or feel comfortable in your body. That's a good start but go further. Why is that important to you? What will it feel like or look like when you reach or achieve your desire?

The reason to build this lifestyle has to be come from you. It has to be something you want. Reasons that come from outside sources, like a medical professional or friend are not going to keep you committed or vested in the process.

The second thing that comes up, is what's going to make this time different? Think about what you have tried or done before. What worked or didn't work. Challenges frequently include finding it hard to stick to a diet plan or keeping the weight off once you go off the diet. Other issues may be related to time or

or negative thinking based upon past experiences.

Whatever your past experiences have been or whatever doubts you have do not need to keep you stuck where you are. When you change your thinking, understand the reason of Why you want to do this and have manageable goals things will start to change.

First, think about your habits. The things you do regularly probably without even thinking about it. For example, you start your day with just a cup of coffee and find that you're starving by mid-morning. What do you when that happens? Could you do something that aligns with your intention of living a healthy life?

Next, think about how you go about eating your meals. You already know what things are good for you to eat. When you eat, are you busy multi-tasking or maybe distracted by your electronic devices? Eating too fast or too much impacts your digestion. It can prevent you from getting the optimal nutrients from the food you eat.

Third, water is essential. It not only helps with hydration, but also to stabilize blood sugar, reduce

toxins, prevent headaches and constipation and carry nutrients to cells throughout the body. Often we mistake the body's need to hydrate for hunger.

Fourth, consider your physical activity. It doesn't need to be a rigorous workout or hours on a machine. Find something you like to do and look forward to doing. Something like bike riding, dancing or swimming for example. The body desires movement so celebrate what your body can do. it will boost your mood in the process.

Last, make sure you get enough sleep. Lack of sleep impacts the neurotransmitters that regulate your appetite, cause metabolic dysregulation, and influences your food selection. Try to establish a bedtime routine including a set timeframe of when you will go to bed. Remember to unplug from the electronics at least 30 minutes before going to bed. Try to unwind and prepare your body for sleep with gentle stretching, meditating, or breathing exercises. Diffusing natural oils can also be

calming and help you relax.

As you already know, there are many benefits to leading a healthy lifestyle. Making these changes, however, can seem challenging and even overwhelming, but it doesn't have to be that way. It's easier when you willingly make the decision and have the support and accountability to keep you going.

If you would like to know how I can assist you in reaching your goals, please email or call/text me for a FREE consultation.

[eatcleanbevital@gmail.com](mailto:eatcleanbevital@gmail.com)

516-657-6858

Together we can make this your best year EVER!

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