

10 Healthy Living Habits for a Healthy New Year!



◆ **Manage you stress.** Aside from leaving your energy levels depleted and affecting your mood negatively; stress also affects the body in a negative way. Stay organized and prioritize tasks in your life.

◆ **Drink plenty of water.** Hydration is essential to cleanse the body and most people choose soda, juice, or alcohol often instead of water. In addition, we often mistake hunger for thirst, so drink up and it may help you avoid consuming extra calories.

◆ **Exercise regularly.** You already know you should be doing this, but did you know it can add years to your life? Get better sleep and have more energy just by exercising for 30 minutes a day.

◆ **Take a multi-vitamin.** Getting proper nutrition through diet is important, but take a vitamin as extra support, just in case you are not getting all the nutrients that your body needs through healthful foods.

◆ **Eat more fruits and veggies.** By adding an extra serving or replacing less nutrient dense foods with produce, you can do wonders for your health.

◆ **Eat less saturated fat.** We know now that all fat is not the same and monounsaturated fat can be beneficial (found in nuts and fish, it can increase HDL- the good cholesterol), but avoiding saturated fat found in red meat, most fast food, etc is still the healthy way to go.

◆ **Eat less sugar.** Excessive sugar can lower your energy levels and result in a rollercoaster effect on your body. Always try to include a form of protein in your snacks to maintain balance in your body.

◆ **Eat more fish.** Omega 3 fatty acids found in fish can reduce cholesterol, help your skin, and reduce inflammation in your body.



◆ **Visit your doctor for a regular checkup.** Early detection of any medical issue can prevent acquiring more serious health problems, so make it a habit to see your doctor even when nothing is wrong. Early detection can help serious problems from plummeting out of control.

◆ **Laugh more often.** Reduce stress, and keep your mind and body healthy this New Year!