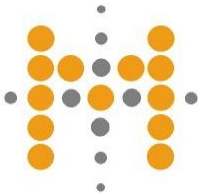
Healthy Living

Sleep Hygiene
Nutrition
Physical Fitness
Stress Management



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My #1 tip for a healthier lifestyle is to exercise your brain - this is your greatest long term asset. Stay sharp through activities like READING, memory games, and learning something new. Reading about the pillars of healthy living, Sleeping Smarter, Nutrition, Fitness (Body and Brain), and Stress Management, is a good place to start. A healthy lifestyle is obtained through developing and maintaining healthy HABITS. Healthy habits have greater benefit than unsustainable diets and fitness fads. Explore some of the following resources.

Sleeping Smarter - Lack of sleep has been linked to obesity, diabetes, heart disease, and depression. More quality sleep will boost metabolism and give you the energy to exercise. Aim to sleep at least 7.5 hours with a goal of going to bed by 10pm. Avoid screens (blue light) an hour before bed. Avoid caffeine 6 hours before bed. Exercise earlier in the day. Fight sleep deprivation by going to bed sooner rather than taking a nap or sleeping in. Decrease alcohol intake - especially before bed.
Resources: www.cdc.gov/sleep sleepfoundation.org sleepsmarterbook.com

Nutrition - Drink 1-2 cups of water first thing every morning (good for GI tract and helps jumpstart hydration). Eat REAL food, and choose the least processed forms of food such as fruits, veggies, whole grains and high fiber carbohydrates. Include lean protein with every meal. The bare minimum protein requirement for a sedentary person is at least 0.8 grams of protein per kilogram of body weight per day. For example, a 170 lb person should consume at least 62 grams of protein daily. Aim to consume more if active. Eating regular meals, including breakfast, is actually a good thing. Aim for all three macronutrients (carbs, protein, and healthy fat) every three hours for optimal fueling. Healthy fats are monounsaturated or polyunsaturated as opposed to trans-fat and saturated fat. Trying to lose weight through calorie counting alone likely leads to malnutrition, lean muscle mass loss, and a decreased metabolism. Add a multivitamin supplement into your daily routine; there is a chance you are deficient in something like Vitamin D3, magnesium, etc. Decrease the amount of calories you drink by decreasing sugary soda/juice and alcohol.
Resources: www.cdc.gov/nutrition www.nutrition.gov/weight-management
www.healthline.com/health/how-to-reset-metabolism

Physical Fitness - Increase overall movement and activity throughout the day by doing something you enjoy. Working out in the morning is ideal as it helps boost natural cortisol release, eliminating need for caffeine, and helps you sleep earlier that night. Go to bed early enough to wake up 30 minutes earlier than normal to weight lift, yoga/stretch, or do bodyweight supersets like push ups and squats. Adding strength training to aerobic exercise boosts your metabolism and will result in increased weight loss compared to aerobic exercise alone. Focus on getting stronger, not just skinnier. Try interval training.
Resources: www.cdc.gov/physicalactivity/basics/ www.silversneakers.com
www.nhlbi.nih.gov/health/educational/wecan/get-active/getting-active

Stress Management - You should read about this topic yourself to find a form of meditation or yoga or other mindfulness exercise you enjoy. There is no such thing as being too busy to meditate. Focusing on your breathing for one minute, 1-3 times per day, is a great start.
Resources: www.cdc.gov/features/copingwithstress www.webmd.com/balance/stress-management
www.mayoclinic.org/mindfulness-exercises/art-20046356/in-depth/art-20046356