Steps to a Healthy Lifestyle

Many of the leading causes of disease are preventable by making healthier lifestyle choices, but living healthy is not only about preventing disease. It's also about creating balance in your physical, spiritual and emotional health. Remember the following tips to prevent disease as well as promote balance in your life.

Balanced Diet

A balanced diet contains lean proteins, healthy fats, five servings of fruits and vegetables per day, whole grains and plenty of water. You will be healthier if you limit your intake of saturated and trans fats, sodium, refined sugars and processed foods. For the highly needed variety of nutrients and antioxidants, add lots of color to your plate in the form of fruits and vegetables. Remember to watch your portion sizes.

Exercise

Exercise can help lower cholesterol, improve blood sugars, and reduce stress levels. As a general goal, aim for at least 30 minutes of daily physical activity for overall good health. Wearing a pedometer is a great way to assess how much activity you are really getting.

Rest and Sleep

Being rested allows you to have better control over your diet, resulting in better choices along with fewer cravings for sugar and caffeine. In addition, while you sleep, the immune system strengthens and your body fights infections and disease. For health benefits, get 7 to 9 hours of sleep per night.

Stress Management

Stress management can help improve sleep, blood pressure and overall quality of life. A positive attitude alone has shown to improve stress levels. Yoga, prayer, meditation, journaling, reading, exercising, deep breathing and bubble baths are healthy ways to manage your stress.

Eliminate Addictions

Quitting smoking has one of the biggest impacts on health. Other addictions such as alcohol, drugs, caffeine and sugar also pose threats to your health. Reducing these substances can improve health and reduce stress and anxiety levels..

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