

The (Un) Healthy Habits You Need To Say Goodbye To

Description

We all want to be healthy. At the moment, given the current situation with the COVID-19 pandemic, remaining in good health seems more important than ever. However, it can be a challenge. Most of us try to do what we think is right to keep ourselves happy and healthy and recognize that the odd bad habit “ perhaps a few glasses of wine or a pizza on the weekend ” is fine if done on moderation.

However, some of the things that we do that we think are healthy and do on a daily basis can actually do more harm than good. Here, we look at some of the healthy-but-not-really-healthy habits that you need to consider saying goodbye to.



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Choosing salad over a meal

It sounds like the [healthiest option](#), right? A nice healthy salad “ low in calories, full of vitamins and minerals. It is a great choice, is it not?

Well, not all of the time. If you have a plain salad, then yes, it is healthy, but how many people have a plain salad? Not many. Most salads come with all sorts of delicious toppings, extras, sauces, and dressings, and that is where the problem lies. These extras all contain added salt and fat and can often be more calorific than having the burger that you were craving.

Not only that but if a salad does not fill you up, you can often find yourself reaching for the cookie jar or other unhealthy snacks later on.

Listening to music before bed

It has been proven many times that [listening to music can reduce your stress levels](#) and help you to relax. Because of this, many people listen to it before they go to bed. It makes sense, does it not? If it helps you to relax, it will help you drop off into a nice, deep sleep.

But what if you are listening to your chosen music through earphones? It might be time to find a new way of zoning out before you go to sleep, as regularly blasting out the tunes into your ears can very easily cause damage to your delicate eardrums and canals.

The thing with hearing damage is that it happens gradually over time, so few people notice a problem until it is too late to reverse or repair the damage. Of course, regular hearing tests can help, but the best way of preventing hearing loss, which usually requires a [hearing aid](#), is to protect your ears. No blasting music, no matter how relaxing it might be, no putting things like earbuds into your ears to clean them and wearing ear defenders if you are exposed to loud noise at work.

Drinking smoothies and fruit juices

Smoothies and fruit juices, on the face of it, are super healthy. They are jam packed with fruit and seem like an easy way to get some of your portions of five fruit and vegetables a day. They taste pretty delicious at the same time and are healthier than grabbing a takeout breakfast or a can of soda.

However – they are not quite as healthy as you think. In fact, they can be pretty unhealthy. Firstly, if you are replacing a proper meal with a liquid, you are not going to be getting the nutrients that you need. Secondly, the fruit is packed with sugar. It is natural sugar, and nowhere near as bad for you as refined sugar, but it is still there. This can cause a spike in insulin levels, which causes a spike in blood sugar levels, which can lead to unhealthy cravings.

If you are relying on smoothies to help you lose weight, you may find that your weight loss plateaus very quickly or that you end up putting on weight.

Drinking a cup of tea at bedtime

All the advice and guidance for getting a good night's sleep tells you to have a warm drink before bed. Many of us put the kettle on and make a cup of tea. It's hot, it's comforting and feels like the right drink to help us unwind before we go to sleep.

The problem with this is that tea contains caffeine, and we all know that is not the best thing to have before you go to bed. Caffeine is a stimulant, which will do the opposite to help you have a quality sleep!

There are plenty of habits that on the surface appear to be healthy, but in reality are damaging to your efforts. Take heed of these – you don't have to cut them out completely, just be aware!

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