

Key Things to Integrate Into a Healthy Lifestyle

Description

Youâ€™ve all heard it before, â€œitâ€™s not a diet; itâ€™s a lifestyle.â€• The simple reason for this is that itâ€™s true! Fad diets simply donâ€™t work, and the reason you either snap back to your natural weight setting or put on more weight than before is that youâ€™re not permanently changing anything. Your body tries to get back to what it considers normal.

But thereâ€™s more to life than weight, and more to your body, too. A healthy lifestyle can improve your energy levels, organ functions, skin elasticity and appearance, hair thickness, bathroom habits, oral health and most importantly, happiness. After all, if something happens and you need your [wisdom teeth](#) removed, youâ€™ll be in a better and happier state than if your health was simply left to deteriorate and you didnâ€™t have the dental procedure. It is a simple fact. Plus, being healthier will make your dentist happy too. So, here are the keystones of maintaining a healthy lifestyle, which are all very doable.

Water

Itâ€™s free, and itâ€™s easy to do. You might have heard that drinking 8 glasses a day is the ideal amount, but really it varies from person to person. Using your body weight in pounds, calculate 2/3 of that to give you the amount of water in ounces you should aim for.

Our bodies are made up of mostly water, and keeping a good balance of H2O can improve your energy levels, organ functions, and the appearance of your skin and hair. Water keeps headaches at bay and can even curb food cravings. Sometimes if you get a hunger pain, itâ€™s actually a pang of dehydration. Have a glass of water and see how you feel.

Walking

Any exercise is good exercise, and walking is my personal favorite. Itâ€™s so easy to do, and you donâ€™t have to be an athlete or wear special clothes to do it. You donâ€™t get sweaty or need to get changed, and you can integrate it into your day and use it for getting to and from places you need. Park a little further away, get off the bus a few stops early, walk to the shop if you donâ€™t need to drive, take the stairs instead of the elevator. There are lots of simple ways to add more steps to your day if you look for them.

Fiber

Eating fiber every day maintains a healthy gut, and more importantly, a healthy bowel! Itâ€™s clear if you havenâ€™t been eating your bran or fibrous fruits when youâ€™re feeling bloated or constipated, which is a pretty horrid feeling. Eating a bowl of fiber-filled cereal every morning is my way of ticking it

off for the day.

Protein and Fats

Proteins such as meat, eggs, nuts, dairy, soy, tofu, and plant-based sources are important for repairing muscle and keeping the body going. It's incredible how filling a little protein can be and should be part of your main meals.

5 a Day

An easy rule to follow is to consume at least [five portions](#) of fruit and veggies every day. This doesn't mean five servings of blueberries, of course, but a good balance of various produce, with more veggies than fruit.

Less Refined Sugar

Sugar is a modern invention and an addictive one. While it's almost impossible to avoid all sugar, keeping refined sugars down is beneficial to your health. This means everything from candy and chocolate to junk food, chips, and processed foods. Don't be fooled by "low fat" labels, which just means they add more sugar, which then turns to fat in the body anyway. Similarly, with "no added sugar" labels, which means there is still sugar in them, just no "added" whatever that means! Keep an eye out for this, and your body and your teeth will be thankful for it.

Moderation

Everything in moderation, including moderation, it's okay to have cheat days or indulge yourself once in a while. Even the pediatric dentist's office from this [website](#) practices moderation by offering free ice cream. This is for the rest of your life, after all. Don't think of it as a punishment, but as a way of feeding and nourishing your body. As long as any unhealthy habits are done in moderation, you'll be on the right track!

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