

6 Simple Steps To A Healthier You

Written by AZFoothills.com

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These days, with so much going on in the world, it's easy to feel like you're unable to roll with the proverbial punches the same way you used to. They say that health is wealth, and there is something to be said for being able to handle life's ebbs and flows easier when you're feeling your best. With self-love on the tip of everyone's tongues and coming to terms with the fact that [self-care isn't selfish](#), taking time to be our healthiest version should be at the top of all of our to-do lists. But, the to-do lists can get long. Let's look at some simple steps to take back our health and start living our best lives today.

Beauty Rest

You know the adage "when you look good, you feel good." Well, an easy way to get a head start on your health and look great is to make sure you're getting the right amount of sleep. While you want to aim for at least eight hours a night, in times of stress, nine to ten hours may be better. If you have a hard time falling asleep, curating a relaxing nighttime routine conducive to deep sleep is critical. Everyone can benefit by unplugging devices and screens, drinking relaxing teas, and calming baths with essential oils.

Healthy Eating

Another aspect of being our healthiest is remembering that we are what we eat. Of course, there is nothing wrong with indulging in the things we enjoy and make us happy, and food is a blessing and a joy! But, you want to make the bulk of your diet healthy and anti-inflammatory. Inflammation has been shown to be the root of many chronic health issues. Delicious anti-inflammatory foods like green smoothies or an [acai bowl](#) for breakfast, rich leafy green salads for lunch, and protein-rich dinners are all great ways to feel your best.

Regular Exercise

Exercise for some is an activity they need to do daily for not only their physical health but their emotional health as well. For others, getting regular exercise can feel like another chore on their to-do list. The key to regular exercise is finding a form of fitness you enjoy. Many people enjoy high-intensity workouts focusing on cardio, while others prefer something calmer like yoga. Try multiple forms of exercise until you find one you enjoy, and stick with it, at least five days a week.

Staying Connected

One of the most important aspects of health when it comes to human beings is [social connection](#). If you're lucky enough to live in a household full of family or friends, scheduling time to reconnect with them is paramount. If you live alone, make sure you connect face to face with friends or get involved in your community to make new friends. Social interaction is not only good for our mental health, but it benefits our physical health too.

Limit Stress

Setting boundaries is one of the hardest skills for adults to learn. If you didn't grow up learning how to set and honor healthy boundaries, you might need to work with a licensed therapist to teach you this critical life skill. By setting boundaries in your professional and private life, you're miles ahead in terms of living a healthier life than your non-boundary setting counterparts. While there is a benefit to helping others and living a generous lifestyle, you can't keep pouring from a cup after you've emptied it. Make sure you're saving space for your needs and wants and honoring those before you burn the candle at both ends, doing it for others.

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Get Outta Dodge

Did you know that people who take regular vacations are at a significantly lower risk for strokes or cardiovascular disease? While constant vacations may not be in your budget, even getting out of town on a weekend [road trip](#) can do wonders for your health - physically and emotionally. Try to plan at least one small getaway every few months. Whether you go solo or with others is up to you!

Leading a healthy lifestyle will benefit you in every aspect of your life. While it may take time to prioritize all the areas mentioned earlier to lead your best life, they become second nature with persistence. Stop taking your health for granted today and implement one small change at a time. Here's to your health!