

Tips for Getting Fit and Staying Healthy

Written by AZFoothills.com

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Now more than ever it's important to get fit and stay healthy. Being even 10 to 15 pounds over your ideal weight can put you at risk for developing an illness. Thankfully, there are several ways to achieve your goals.

Eat Only When You're Hungry

Unfortunately, if you consume more calories than you burn, you'll gain weight. Over a short period of time, this bad habit can cause you to gain an additional 15 to 20 pounds. One rule to live by is to eat only when you are hungry. It's a bit harder to resist all the special dinners and treats that come with the holidays. However, if you stick to the plan, you'll make it through without packing on the pounds.

Eat Healthy Foods

Often, poor food choices come along with a hectic lifestyle. When time is short, you may opt for fast food versus a home-cooked meal. Not only is this bad for your health, but also your wallet. If preparing meals for dinner is nearly impossible, try cooking meals over the weekend and freezing them. Your body needs vitamins, minerals, proteins and good fats to sustain good overall health. If you feel hungry mid-morning or midday, eat an apple or a carrot instead of foods high in sugar and fat.

Lose Bad Habits

Smoking cigarettes and consuming excessive amounts of alcohol is not good for you. They may help you cope during difficult times. However, they are only crutches that won't eliminate the real problem. These habits are also potentially dangerous to your health. They can cause serious diseases, make you age faster and, possibly, shorten your life. If you are [addicted to alcohol](#) and can't stop on your own, there are treatment centers available in most states. If you smoke, see your doctor to discuss effective treatment options.

Move Your Body

With electronic devices becoming the norm, many people are not moving as much. Inactivity is one of the primary contributors to obesity. Thankfully, it's an easy fix. Limit your time on your electronic devices to an hour each day and use the rest of your time to engage in activities that get you moving. Take a brisk walk or a [yoga class](#) or join a gym. You can also use the internet to join a workout session without the need for leaving home. When you run errands make sure to park the car further away from the store entrance and to put a spring in your step.

Get Plenty of Shut-Eye

Many people simply don't get enough rest. They stay up late and rise early. Unfortunately, this practice doesn't give your body the amount of time it needs to perform self-maintenance. You should have between 7 and 8 hours of [quality sleep](#) each night. If you have trouble falling asleep, try a hot bath with scented candles that induce calmness and promote sleep. Blackout curtains, fans, and avoiding caffeine after 8:00 PM are a few other tried and proven methods people use.

Regular Checkups

One way to ensure that you remain healthy is to have annual [medical checkups](#). Early detection of any disease or illness will improve your

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chances of a full recovery. Going to the doctor when something doesn't feel right is also important. Don't dismiss pain or anything going on with your body that seems strange or out of the ordinary. Regular checkups can also prevent excessive weight gain and allow you and your doctor to monitor your progress and to establish set goals.

Genetics and your surrounding [environment](#) can play a role in your health. However, they don't have to determine it. Make sure to eat right, get plenty of rest, and remain active.