

A top-down view of a healthy meal bowl. The bowl is filled with white rice, chickpeas, diced tomatoes, sliced avocado, and green herbs. The bowl sits on a light-colored woven placemat. To the right of the bowl is a silver spoon on a grey napkin. In the background, there is a sliced avocado and some fresh cilantro leaves. The overall scene is bright and clean, suggesting a healthy lifestyle.

Healthy **HABITS**

**SIMPLE LIFESTYLE CHANGES FOR
A HEALTHIER YOU**

CHECKLIST

Healthy Habits Checklist

Life offers us multiple opportunities to make choices and it's crucial to make the right ones. Every decision you make has consequences and impacts on your health. This guide is a deliberate attempt to help you identify healthy habits you can inculcate that can improve the quality of your life. It also highlighted unhealthy ones that have negative impacts on your life so that you can avoid them.

Chapter 1: What are Healthy Habits?

Healthy habits are beneficial to your physical and mental wellbeing. They are also helpful to the people around you. Many people engage in unhealthy habits that lead to consistent physical and mental exhaustion because they fail to recognize the most important things in life. Below are some of the things you should never ignore regardless of how much you earn:

- Your loved ones because you'll feel empty if you achieve success and they aren't there to celebrate you or enjoy it with you.
- Your happiness because there is no point in earning the big bucks and getting accolades when you aren't happy.
- Your health because there is no point in making a lot of money when you end up spending it on sickness.

Chapter 2: Lifestyle Choices

Lifestyle choices are the personal and conscious decisions you take to perform an action, which may increase or reduce the risk of injury or sickness. They can be positive such as riding a bike, taking a walk, and eating healthily. Positive lifestyle choices enhance your health while negative ones can jeopardize your health and that of your loved ones. Examples include:

- Smoking, which can lead to lung cancer and other forms of cancer.
- Use of firearms, which can be used to hurt yourself or others due to depression or fits of anger.
- Drug abuse, which can lead to addictions and other devastating side effects.

Chapter 3: Quality of Life/Work-Life Balance

Work/life balance is a phenomenon that describes a state where an individual is functional and effective in both his or her career and personal life. It has numerous benefits such as excellent interpersonal relationships, less stress, enhanced mental health, and improved physical health. Below are some tips that can help you have a work/life balance.

- Discard perfectionism because it can make you a desperate workaholic.
- Reduce the use of digital devices to create more time for your family and career.
- Engage in regular exercise to bring calmness to your body.
- Get your priorities right and put your family at the top where they deserve to be.
- Delegate more to create time for the important things you need to do.

Chapter 4: Getting the Best out of your Daily Routines

You don't have to continue with a system and arrangement that's not working. If there are ways you can get more out of your daily routine, you should leverage them. Here are some hacks that can help you in this regard:

- Focus on the meaning and benefits of your activities
- Make them fun by turning them into games
- Be at the center by paying attention to details
- Only choose activities that allow you to showcase your strength
- Distract yourself with future thoughts while doing strenuous activities
- Leverage your peak energy period to do more and avoid procrastination

Chapter 5: Health and Fitness Tips

Your health is one of the most important things in your life, and you shouldn't treat it with levity. Here are some beneficial health and fitness tips that can help you live healthily:

- Focus on your mental health
- Start your day with exercise
- Maintain ideal mobility and flexibility levels
- Leverage flexibility and mobility workouts
- Strength train and lift heavy
- Check your BMI
- Keep healthy bodyweight and bodyfat levels
- Eat balanced diets

Chapter 6: Healthy Diet Hacks

Your eating habit plays a crucial role in determining your overall health. Therefore, you should be deliberate about improving it. Leverage the tips below for this purpose:

- Reduce carb intake
- Shop with a list
- Limit your consumption of sodas and milkshakes
- Have protein-rich breakfasts
- Consume high-fiber foods
- Eat more fruits and vegetables
- Avoid excess sugar
- Consume more healthy fats
- Eat more home-made foods
- Walk more
- Focus on your food when eating

Chapter 7: How to Get More Quality Sleep

It's difficult to have a good day when you have unhealthy sleeping habits and patterns. Some of the advantages of restorative sleep include peak energy levels, enhanced performance, and a feeling of contentment. You can turn things around by taking advantage of the hacks below:

- Have a regular bedtime and wakeup time
- Avoid using bright lights in your room
- Let your bed only be for sleeping
- Avoid napping during the day
- Wind down late in the day
- Have a bedtime routine

Chapter 8: Benefits of Drinking More Water

One of the best lifestyle choices you can make is to drink more water. It has numerous benefits, some of them include:

- Joint lubrication
- Formation of saliva and mucus
- Reduction in the chance of a hangover
- Weight loss
- Enhances performance during exercise
- Prevention of kidney damage
- Accessibility of minerals and nutrients
- Supports the airways
- Maintenance of blood pressure
- Regulation of body temperature