

HEALTHY LIFESTYLE BASICS

1 EATING HEALTHILY

Try to stay away from foods high in cholesterol and saturated fats and aim toward having balanced meals. A meal high in fiber can help digest the carbohydrates and sugars that were also consumed. Balance is key. If you struggle with understanding how to have a healthy meal, seeing a nutritionist will be helpful.

2 COLORFUL PLATE

Include a lot of vegetables, fruits, grains—lots of colors on your plate during each meal will help you consume a meal rich with nutrients and vitamins that will help your body function to its full capacity and properly digest the negative things you have also consumed.

3 MODERATE EXERCISE

Minimum 3 x a week. Start off with 30-minute walks. For example, if you are on a treadmill, walk on an incline of 5 and speed of 3.5 for 30 minutes. Doing this three times a week will suffice to let your body get used to moving regularly again.



4 NO SMOKING

Enough said.



5 6-8 HOURS OF SLEEP

Giving your body enough time to recover and rest from a long day will help you wake up with a lot of energy the following morning and ready to take on the next day. If you struggle to sleep, please see your health care provider.

