

Commit to your health in 2014



A healthy lifestyle means making a commitment to improving your health through healthy diet, exercise, and increasing your happiness. These are just three important factors of living a healthier lifestyle and making small changes to each can have an important impact on your health and happiness.

In 2014, dedicate yourself to your health by committing to changing just one small thing about your diet, your exercise routine, or your mental health.

Diet

A healthy diet is one that not only provides you with enough energy to get you through the day, but also protects you from disease and infection, can increase your productivity, and can help you live longer and healthier. However, improving your diet often doesn't require huge changes. Try one of these small changes to improve your diet:

- Drink one more glass of water every day.
- Drink one less unit of alcohol every day.
- Eat one extra fruit every day.
- Eat breakfast every day.
- Fill half your plate with vegetables every meal.
- Eat three balanced meals every day.

Exercise

Doing regular exercise improves fitness, strength, and flexibility but it also helps you sleep better. It is a great way to maintain a healthy weight, fight fatigue, and is protective against various diseases and infections. Getting more exercise is good for you and there are easy ways to do it:

- Exercise for 150 minutes or 2.5 hours per week.
- Take the stairs instead of the elevator or escalator.
- Walk an extra 100 steps every day.
- Do 3 days of resistance training per week.
- Use your lunch break to take a walk every day.
- Do cardio exercise at least twice a week.
- Maintain good posture all day.

Happiness

Research shows that happiness is a choice and choosing to be happy can make a significant impact on your health and wellbeing. Choose happiness by doing one of the following:

- Practise deep breathing.
- Write down your thoughts in a journal.
- Get at least 7 hours of sleep a night.
- Talk to a loved one every day.
- Laugh and inspire laughter in others every day.
- Surround yourself with people who are a positive influence in your life.
- Learn to say 'no' when it's appropriate.
- Stop checking your email/smartphone/work when at home.

Making small lifestyle changes like these can have an enormously positive effect on your life. Try just one of these for one month and see how it changes, and improves, your life.