

## 12 Tips For Better Health

The biggest step to aiming towards better health is admitting the fact that you need to make changes towards becoming healthier and fitter. Here are some tips to help you improve your health and help you to reach a new and improved you.

1. Make it a life goal to obtain a healthier outlook on life which will undoubtedly lead to a healthier you, if you are determined to reach a better state of health, making it a reality will be so much easier.

2. Support your new way of thinking by learning everything you can about ways of reaching better health and living a healthier lifestyle. You can use the internet, books, DVDS, clubs, gyms and support groups to your benefit, knowing all you can about healthy living gives you a great base to work from.

3. You have to start somewhere so start by taking a look at your kitchen and reorganizing in preparation for your new way of life. Reorganize your kitchen cabinets, cupboards and refrigerator to ensure that there are no signs of the old you and all the signs of the things that will help you in your new lifestyle.

4. Replace old food with your new healthier choice and don't forget to purchase any small appliances which you will need to support your healthier way of eating, such as blenders and food weighing scales.

5. Get a large planner calendar, pin it up in your kitchen and mark the day when you choose to begin your new lifestyle and stick to it no matter what.

6. From day one keep a journal, this can either be a traditional one or use your computer. You should include all thoughts and feelings about your new ways along with all the changes you see about yourself. This is essential to look back on to see the positive changes that are occurring due to your positive outlook and changes you have made.

7. Positive thoughts and self talk or affirmations are a necessity; they will give you confidence at the beginning and will continue to take you through the tough times which will often occur during the early changes.

8. Along with changes to your diet you will also have to make changes to the amount of exercise you do per day, while good healthy food is essential, exercise is also just as important to help ward off the onset of diseases such as heart disease, as well as helping us to firm up our body or lose a few pounds.

9. Give up any bad habits such as smoking or drinking, you will never reach your optimal peak of health while you are puffing away on cigarettes or drinking on a regular basis.

10. Make sure that you get the recommended 5 portions of fruit and veggies per day on your new regime, fruit and veggies are packed full of essential vitamins.

11. Make sure you learn ways to eliminate as much stress from your lifestyle as you possibly can, there are many ways to do this with one of them sure to be suitable for your situation.

12. Cut out excess salt, sugar and fatty foods from your diet, this will effectively lower your cholesterol and blood pressure.

## About the Author

A recent issue of Catwatch, the newsletter of the Cornell Feline Health Center, has an article by. Something that might help is a product.

Source: <http://www.productsherbal.com>