



10 Tips for a Healthy Lifestyle

Brought to you by **HEALTHY** GetSavvi

1

EAT FRESH FOODS
Eat fresh rather than processed foods. Ask yourself, "Does this food come from nature?" If the answer is NO eliminate it from your diet.



2

TAKE UP A SPORT
It doesn't have to be complicated. Simply find something that you feel comfortable doing.



3

MAINTAIN A HEALTHY LIFESTYLE
If you're a parent always on the run, then ensure your healthy choices fit into your busy schedule.



4

START A FOOD DIARY
Write down everything you eat. Once you can see what your eating habits are, you'll know where to change them for the good.



5

AVOID FAD DIETS
Opt for a healthy lifestyle. Fad diets are a quick fix whereas embracing overall good health will sustain you.



6

SET GOALS
For example, give yourself a sensible time period to cut fast food from your diet.



7

GET ACTIVE
Use the stairs instead of the lift, park your car in the furthest parking spot or load and unload your own shopping bags.



8

5-A-DAY RULE
Follow the 5 fruit/veg-a-day rule. It'll put you on the right track when it comes to your daily nutrition.



START SOCIALISING...
...with likeminded people living healthy lifestyles. You'll start to think like them and be inspired by them.



9

BE GOOD TO YOURSELF
Don't become obsessed with how to maintain a healthy lifestyle. Take your time and reward yourself regularly for achieving goals.



10

3 THINGS TO DO EVERY DAY TO ENCOURAGE HEALTHY LIVING:



Keep a positive mantra in your head such as "I'll become healthy, one good habit at a time!"



Create a visual board of health and fitness images which inspire you and feast your eyes on it daily.



Read magazines and visit websites that promote healthy lifestyles.

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