

101

# Tips for Healthy Living



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Those who begin to exercise regularly and replace white flour, sugar and devitalized foods with live, organic natural foods begin to feel better immediately.

Exercise is king, nutrition is queen -- put them together and you've got a kingdom.  
Jack LaLanne

To maximize the benefits from your aerobic exercise routine, have brief intervals of speed. For instance if you walk, add in some brief periods of jogging.

Life is largely a process of adaptation to the circumstances in which we exist. The secret of health and happiness lies in the successful adjustment to the ever-changing conditions on this globe; the penalties for failure in this great process are disease and unhappiness. Hans Selye

A great way to motivate yourself to exercise first thing in the morning is to lay out your exercise clothes and prepare a water bottle the night before. When you wake up in the morning you will see your exercise clothes and be inspired to get moving.

A study by the Southwestern Health Institute in Phoenix discovered that three out of 4 people who exercised in the morning were still exercising a year later. However, only half of those who waited until midday to exercise were still continuing their exercise habit a year later.

According to a 3 year study at Harvard University, exposure to bright sunlight first thing will have a positive impact on the retina that leads to better focus and energy production in the brain. For many people, bright sunlight in the morning will improve their mood and increase their alertness.

Staying well hydrated offers many health benefits.

You are more likely to have smoother skin, regular bowel movements, have increased resistance to infections because of the moisturizing effect on the mucous lining of the respiratory tract and lower the risk of kidney stones and urinary tract infections.

A deficiency of water can alter the concentration of electrolytes such as sodium, potassium, and chloride, water has a profound effect on brain function and energy level" Vernon Mark, M.D. at Massachusetts General Hospital in Boston

According to Dr. Michael Colgan if you dehydrate a muscle by only 3%, you will lose 10% contractile strength and 8% of your speed. Staying hydrated is very important to both lifelong health and top physical performance.

One Brazil nut contains 120 mcg of selenium, which is twice the recommended daily allowance.

Selenium is a powerful antioxidant that helps fight free radicals that may damage your eyes.

This powerful trace mineral may help prevent macular degeneration and cataracts.

Children learn best by example instead of lecturing to them about healthy eating. As parents improve their diet and focus on physical activity, it will be easier to influence their children to live a healthier lifestyle.

Some causes of people becoming overweight at a more rapid pace than ever before are: eating out more frequently, too much snacking on high calorie and low nutrient snacks, little or no physical activity, fewer home-cooked meals and increased time in front of the TV and computer.

In North America 33% of children are overweight.

This is putting children at an increased risk for cancer, heart disease, diabetes and hypertension.

It is never too early to teach your children how to eat a nutritious, well-balanced diet.

Proper nutrition is one of the key components to creating a more shapely body. The foods you put in your body will account for up to 80% of your physique.

Growing your own vegetable garden is a fun activity for the whole family. To improve the health of your plants, add organic compost to your soil. Organic compost will add nutrients, improve drainage and boost your plants' immune systems.

Oat bran and whole grain oats have been proven to lower cholesterol and stabilize blood sugar. Oats may also protect against heart disease and cancer.

Dehydration and toxin buildup can sometimes result in swollen eyes with dark circles. Drink fresh pure water throughout your day to flush the body of toxins and hydrate all your cells.

Swimming has numerous benefits such as cardio-respiratory conditioning, increases flexibility and endurance and increases muscle tone and strength without straining your heart.

Okra is a highly nutritious vegetable. Enjoy it steamed, baked or raw in salads. Okra is an excellent source of fiber, vitamin A, B, and C, iron and calcium and it is very low in calories.

Numerous studies have found that people who have healthy eating habits feel they are capable of handling problems and are direct in solving problems, compared to unsuccessful dieters who avoid adversity and turn to food for solace.

A study found that wearing heels consistently, just 1½ inches high, increases the force on your knees just enough to lead to permanent foot, ankle, knee, hip and back problems.

If you suffer from knee pain, your body may be out of alignment. To improve your posture and reduce pressure on your knees, do core strength training exercises and focus on standing tall instead of slouching.

Amaranth is a whole grain that contains more protein and is higher in calcium, magnesium and potassium than other grains. If you are looking for something healthy and different, try amaranth as a breakfast cereal or side dish.

Omega 3 fatty acids found in fish oil and flax and hemp seeds have been shown to make positive changes in the brain. Researchers discovered that people with increased levels of these essential fats had more gray matter in the parts of their brain that regulates moods and emotions.

Daily or almost daily aerobic exercise, such as brisk walking, running or a vigorous bike ride will improve your memory by stimulating the production of new neurons in the hippocampus.

Research has shown that being out in nature relieves mental stress and fatigue and creates a positive mood.

If you are feeling stressed go for a walk in the park instead of grabbing a candy bar.

To create a nutritious, delicious homemade popsicle:  
blend 2 cups of berries and 4 oranges until smooth, then pour into an ice cube tray with popsicle stick and freeze.

When changing your lifestyle habits from unhealthy habits to healthy habits, focus on progress not perfection.

Gardening can be a great form of exercise. It builds stamina, strength and flexibility - the three keys to overall fitness.

Deep breathing is an excellent stress management technique. A simple breathing technique to reduce stress and bring you into the present moment is to breathe in deeply to the count of 6, hold your breath for a moment and listen to the sounds in your environment, then exhale to the count of 6.

Physical activity is believed to influence the hypothalamus. This part of the brain helps regulate body weight. Exercise has been shown to lower the body's set point weight, which helps keep the body from fighting to return to its original weight

Ginger is a tasty spice with several health benefits. Studies have shown that ginger lowers LDL cholesterol, keeps your blood from clotting by reducing the stickiness of your platelets, and is a powerful antioxidant.

A healthy substitute for soda pop is to combine some fresh squeezed juice with sparkling natural mineral water.

Many people suffer from chronic constipation. To keep your colon clean, eat a diet high in fiber, drink plenty of fresh water, and ensure your diet contains plenty of whole grains and fresh fruits and vegetables.

Your colon is one of the primary channels of elimination of toxic waste in your body. If your colon is functioning properly you should have a bowel movement after every primary meal.

To help keep your arteries clean and blood flowing to your brain, eat a diet rich in plant-based foods, fresh vegetables, whole grains, legumes, fruits, seeds and nuts.

If you are interested in achieving optimal health, pay attention to the quality of food you eat. The closer the food is to its natural state, the better it will be for your body.

Flaxseeds are a great source of Omega 3 fatty acids. To regularly consume flax seeds, sprinkle them on your cereal, salads, and sandwiches or put in soups and stews.

Omega 3 fatty acids are essential for optimum physical and mental health. Omega 3 fatty acids are found in flax and hemp seeds, wild fatty fish like Salmon, and fish oil.

According to the Rand Institute being obese leads to pre-mature aging by as much as 20 years.

Did you know that children laugh approximately 300 times a day, where the typical adult laughs less than 10 times per day? Laughter is a known stress reliever, find ways to add humor and joy to your life.

Fresh salsa is easy to make, nutritious and very versatile. To make fresh salsa simply chop 1½ cups fresh tomato, mix in 1-2 Tbsp. fresh lime juice, 2 cloves of minced garlic, 1 tsp. sea salt, ½ cup chopped cilantro and minced peppers of your choice to taste.

When ordering out at a restaurant if you see fried, au gratin, crispy, escaloped, pan-fried, sautéed or stuffed food, know these are high in fat. Instead look for steamed, broiled, baked, grilled, poached or roasted foods. If you are unsure how a food is prepared, just ask your server.

Are you feeling stressed? Exercise is a great stress reducer; physical activity releases endorphins which will improve your mood.

A natural way to keep counter tops clean is to sprinkle a little baking soda and scrub with a damp cloth. This keeps your counter tops clean without leaving any chemical residue behind.

To ensure a good night's rest, it is best to sleep in a completely dark room. Even a small amount of light will interfere with your body's circadian rhythm and your pineal gland's production of melatonin and serotonin.

If you are finding it hard to get motivated to exercise, enlist the help of a friend. Having someone to exercise with can boost your commitment and make it more enjoyable.

To select a healthy cooking oil, look for expeller- pressed or cold-pressed oils to ensure you are buying high-quality, undamaged oil. Oil can be damaged by heat and light. High quality oils should be stored in dark-tinted glass bottles.

Avocado oil is a healthy alternative to vegetable oils. Avocado oil is rich in monounsaturated fats like olive oil, but it is stable at high heat. It also makes an ideal base for salad dressings. It has a pleasant taste and is high in beta-carotene and lutein.

Dyes and chemicals used to flavor and preserve junk food, require a lot of extra vitamins and minerals from the body just to metabolize and detoxify them. Because junk food has no nutrients in it, the body must use its precious stores of nutrients to digest junk food.

A great way to be healthier, recover from illness faster, have more energy and slow the aging process is to eat more fresh, raw vegetables and fruit and avoid junk food

Enzymes and vitamins are produced in plant tissues. When we consume live food, we bathe the trillions of cells in our bodies with these plant derived nutrients.  
Cherie Calbom

Garlic is a potent source of antioxidants and boosts your immune system. An ounce of fresh garlic contains a significant amount of vitamin C, thiamine, potassium and iron.

Bananas are loaded with nutrition and are a great source of healthy energy. Bananas contain B complex vitamins, Vitamin C, soluble and insoluble fibers and are a good source of potassium and magnesium.

If you are having a bad day or feeling depressed, stand tall with your shoulders back and smile at yourself in the mirror for several minutes. As you do this, notice how much better you feel.

Lavender essential oil is a natural sedative. It promotes relaxation in your nervous system. At times when you feel stressed or your confidence is low, place 3 drops of pure lavender oil on a soft cloth and inhale deeply.

A simple nutritious vegetable dip is: blend one banana, one avocado and one small clove of garlic until smooth.

Research has shown that the more food you have in front of you, the more you will eat. To avoid overeating at restaurants, ask your waiter to pack up half of your meal in a take home box, before serving it to you.



Happiness is a butterfly, which, when pursued, is always just beyond your grasp, but which, if you will sit down quietly, may alight upon you. Nathaniel Hawthorne

A way to increase your metabolism and improve function of the mitochondria is to eat a diet that is nutrient and phytonutrient rich, and consists mostly of unrefined, unprocessed natural whole food.

The best way to increase the number of mitochondria in your body is to exercise. Through exercise you increase muscle mass and increase your oxygen intake. The faster your metabolic rate, the easier it is to burn calories and increase your energy.

Mitochondria are the parts of your cells that combine the calories you consume with oxygen and turn this combination into energy which runs everything in your body. Help the mitochondria do this by taking a Co-Enzyme Q10 supplement (also called Ubiquinone). This is absolutely essential if you are taking Statins which deplete CoQ10 levels.

The rate at which your mitochondria transform food and oxygen into energy is called your metabolic rate. Your metabolic rate is determined by the number of mitochondria you have and how efficiently they consume oxygen.

Allergens and particulate matter from Industrial pollution increases oxidation in your system and irritates your immune system. Consider placing a HEPA or ULPA filter in your home to improve your indoor air quality.

According to Dr. Mark Melhorn, your computer monitor on your desk should be 5-7 inches below eye level. Looking at a downward angle decreases the stress on your neck.

Poor posture can reduce the amount of oxygen flowing to your lungs, brain and muscles. Muscle tension is released and you will breathe easier when your body is properly aligned.

Oxygen is essential for life. Increasing your oxygen intake through deep breathing and exercise has been shown to increase your metabolism. Oxygen is the fuel that burns fat.

When cleaning your skin, it is best to use cool or warm water. Hot water can dry your skin and wash away your body's natural oils.

Slow, deep breathing brings air to the lowest part of your lungs and exercises your diaphragm. Deep breathing relaxes your mind and body, massages your internal organs, calms emotions and promotes restful sleep.

Research has shown that refined sugar can upset the mineral relationships in your body; causing chromium and copper deficiencies and interferes with absorption of calcium and magnesium.

White button mushrooms are an excellent source of copper, which is necessary to assist iron in making red blood cells. They are also rich in riboflavin and niacin.

Green vegetables are very low in calories and high in nutrients. For example, 10 ounces of broccoli contains 100 calories, whereas less than one ounce of ground sirloin contains 100 calories. Animal products are high in calories and low in nutrients.

According to a Cleveland Clinic Research Study, listening to upbeat music can ease symptoms of depression by 25%.

Combining music and exercise is one of your best defenses against depression.

Avoid hydrogenated oil; this is man-made oil that contains Trans fats. These fats bind to a spot on your cells that will block your metabolism, slows fat burning, increases cholesterol and leads to insulin resistance or trouble regulating blood sugar.

A Japanese study concluded that listening to your favorite workout music can eliminate symptoms of fatigue during your exercise routine.

Refined carbohydrates can raise your risk of macular degeneration by 49%. According to a study at Tufts University, when your sugar load exceeds your cells ability to use it, protein in the eyes may become damaged.

We don't stop playing because we grow old, we grow old because we stop playing.  
George Bernard Shaw

Most people require at least 7 hours of sleep per night. It is during this time that your body produces collagen and elastin; two proteins which help your skin stay smooth and look younger.

To make your home more inviting and relaxing, clear the clutter from your entry door. Walking into a clean, clutter free area will reduce stress and increase your happiness as you enter your home.

A study at the University of Kentucky showed that people who expressed more positive emotions, including gratitude lived up to 10 years longer than those who expressed fewer positive emotions.

The Gerbera Daisy can clean the air in your office or home. These plants help eliminate toxic pollutants like formaldehyde and benzene, which are found in many household products.

Studies have shown that consuming a lot of sugar, caffeine and other stimulants can create a constant sense of anxiety in many people and also overload your adrenal glands.

Apple cider vinegar draws out lactic acid from your muscles after exercise. A natural remedy to relieve sore muscles is to saturate a cloth with apple cider vinegar and wrap it around the sore muscle for 20 minutes.

The pain should be relieved within a couple of hours.

When strength training it is best to keep your rest periods short, approximately 30 seconds between repetitions. Short rest periods will keep your heart rate higher and increase the number of calories you are burning.

If you frequently talk on the telephone, you may want to consider using a headset. Cradling the telephone with your neck creates stress on your back and neck. Headsets can improve posture and make you feel active and refreshed at the end of the work day.

Qi Gong has many health benefits Some of the benefits are: reduces stress, lowers blood pressure, enhances immune system and improves breathing in asthmatics.

Qi Gong involves movement, breathing and visualization.

Avoid eyestrain with prolonged computer use by occasionally shifting your focus to distant objects in order to relax your eye muscles.

A recent study evaluated adults doing 4-7 sets of thirty second bursts of "all out" cycling followed by a few minutes of recovery time cycling three times per week. The study found that this type of interval training can double endurance in exercise tests and burn more calories.

Strength training helps increase the number of mitochondria in your body and keeps your metabolism high. For the best results, gradually build up to 30 minutes of strength training 2 to 3 times per week.

Slow down and everything you are chasing will come around and catch you. John De Paola

One way to create more happiness in your life is to focus on all the things in your life you are grateful for. Take time to appreciate a small moment, personal relationships, and other blessings in your life that bring you joy.

Research has shown that happy people are healthier, live longer, enjoy better relationships, earn more money and are liked and respected more than unhappy people.

Many people are seeking happiness. Often they look for it outside of themselves. What most people find, however, is that when they focus their mind on choosing to be happy, they find happiness.

If you are having a craving for an unhealthy food, first do 10 pushups or jumping jacks and then decide if you still want that food. Often when you do something physical you can interrupt that craving pattern.

Using an olive oil sprayer is a great alternative to adding small amounts of oil to a dish. A two second spray will distribute about ½ teaspoon of oil versus the 2-3 teaspoons you may pour out of a bottle. This will save you approximately 100 calories.

A simple nutritious snack is to take one medjool date, slice it open and insert one pecan. Enjoy a few of these little treats instead of your afternoon candy bar.

A nutritious, colorful salad idea: Combine ½ cup each of shredded romaine lettuce, fresh spinach, red bell pepper, yellow bell pepper, red cabbage, carrot and ¼ cup chopped red onion. Dressing: 1 tablespoon olive oil, 1 tablespoon balsamic vinegar, ¼ teaspoon Dijon mustard. Mix dressing well and toss with fresh vegetables.

Exercise is a key to a healthy lifestyle. If you find it difficult to schedule dedicated time each day to exercise, find creative ways daily to incorporate it into your lifestyle. Some ideas are: actively play with your children, break up an exercise routine into 10-minute segments throughout your day and get up and move every hour while at work.

To maintain a youthful lifestyle, Slow down and pace yourself. Quit scurrying around like a squirrel preparing its nest for winter. You can't enjoy life if you run through it at breakneck speed. Stephanie Tourles

Adequate sleep is essential for good health. To ensure a good night's rest avoid eating shortly before bedtime. The process of digestion requires a lot of energy and may keep you up.

Working out in water, such as swimming, water aerobics or water boxing has multiple benefits.

Water gives you resistance on all sides of your body without the stress and impact of working out on land.

Researchers have found that people who eat breakfast think better and faster, remember more and react quicker, and are mentally more alert than people who skip breakfast.

If you are trying to lose weight, beware of mindless eating. Every extra bit of food adds calories. Eating just 100 extra calories a day can lead to a 10 pound weight gain over the course of a year.

Increasing bean intake as part of a diet rich in fruits and vegetables might help prevent heart disease, lower cholesterol and even lower blood pressure." Dr. Lydia Bazzano Harvard Clinical Fellow in Medicine at Beth Israel Deaconess Hospital.

When your mind is clear and healthy, your body will become clear and healthy.

A Harvard School of Public Health Study found that women who ate fast food more than twice per week had an 86% increase risk of being overweight.

A Harvard School of Public Health Study discovered that on days people eat fast food they consume an average of 187 extra calories. These extra calories can lead to a six pound weight gain in one year.

Young coconuts are highly nutritious. A whole young coconut, sometimes referred to as a drinking coconut, has only 140 calories and is packed with nutrition. Enjoy the whole young coconut by itself or add water and meat to a smoothie for a tropical delight.

Health is something we do for ourselves, not something that is done to us; a journey rather than a destination; a dynamic, holistic, and purposeful way of living.  
Dr. Elliott Dacher

Cleaning experts have found that eliminating your home of clutter will decrease your housework by 40%. This allows you to have more time to do the things you enjoy.

Spinach is loaded with nutrients such as iron, magnesium, manganese, folate, vitamin A, C and K and is rich in carotenoids. It strengthens bones, protects your heart, boosts your immune system and combats cancer.

A natural facial treatment for dry skin: Mash some avocado and mix it with a little oatmeal and apply it to your face. Leave it there for 10 minutes, and then rinse it off with water.

There is more pain from holding on to the thought of pain than there is in the situation itself. If you let the world strike you, it will do so less cruelly than your own imagination.  
Lester Levenson

To thoroughly clean your raw vegetables, mix some pure apple cider vinegar with pure water and soak your vegetables well before eating.

To bring health into your life focus on what you want. Make a contract with yourself of your health goals and action steps to accomplish your goals. Share this contract with a friend for support and accountability.

A way to motivate you to focus on health is to create a vision board for health. Make a collage of pictures, affirmations, and things that represent health, vitality, and the way you want to look and feel. Look at this vision board daily for inspiration.

The College of Alumni Health study has shown that if you become and remain active you will live longer, look and feel better, have more vitality, think more clearly and sleep better.

It is never too late to change from a sedentary lifestyle to an active lifestyle, nor to benefit from the change. Dr. Ralph Paffenbarger

Omega 3 fatty acids have been shown to boost immune function, improve mental health, promote healthy skin, fight degenerative disease and reverse heart disease.

Obesity now contributes more to chronic illness and healthcare costs than smoking.

Sugar and high fructose corn syrup is addictive.

The more you eat the more you want. Excess sugar consumption is linked to numerous diseases such as obesity, kidney stones, heart disease, dental cavities and osteoporosis.

To protect your hands from harsh cleaners or prolonged water exposure, wear rubber or latex gloves when your hands are exposed to cleaning products or water. This will protect your skin and prevent chemicals from being drawn into your body through the skin.

Over the course of a day your skin will eliminate more than one pound of waste through your sweat glands.

To keep your skin looking smooth and fresh and improve your skin circulation, do dry skin brushing with a natural fiber brush for 5-10 minutes daily before you shower.

Do you have a lot of stress in your life? Consider reflexology, it has been shown to promote stress reduction, improve circulation, relieve pain and improve vital organ function.

Make your own economical, natural chemical free room freshener: combine ½ cup distilled water, 1 teaspoon essential lemon oil and 1 teaspoon of essential grape- fruit oil and pour into a 4 ounce glass mister. Shake well before using to mist the air in your home to neutralize unpleasant odours.

A study in the International Journal of Obesity found that people reduced their calorie intake by 20% when they substituted a piece of fresh fruit for fruit juice.

Omega 3 fatty acids can balance blood sugar and reduce inflammation. They also help regulate your metabolism.

Some good sources of Omega 3 fatty acids are fish oil, flaxseed oil and walnuts.

According to Dr. Gary Hunter, strength training twice a week will reverse 50% of metabolism slow down that occurs with age.

Studies show that people who take regular vacations are less likely to have heart attacks and report lower levels of stress and depression.

Research has shown that people who wear a pedometer and have a daily goal of walking 10,000 steps, walk an average of a mile longer each day.

It only takes a few minutes a day to de-clutter your house. Taking just 10 minutes a day to organize really adds up over time and simplifies your life.

Make getting fit a family activity. Sign up for a 1 or 3.1 mile fun run and train as a family. This will get everyone motivated to exercise and have a fun event to look forward to doing together.

Research has shown that people who wrote down everything they ate discovered they had underestimated their daily calorie intake by 1,050 calories. That could add up to gaining a pound every 3½ days.

If you are interested in losing weight, always serve your food on a plate or bowl so you can see how much you are eating. Studies have shown that people who eat from a bag, box or bucket eat 40-50% more than if they put their food on a dish.

And in the end, it's not the years in your life that count.  
It's the life in your years. Abraham Lincoln

Create your own natural massage oil to ease the pain of muscle cramps, arthritis or sore tendons. Combine ½ cup almond, grape seed or soybean oil with 15 drops of eucalyptus citriodora essential oil and then massage away your pain.

For a natural skin toner for all skin types: brew one cup of strong chamomile tea and chill; then apply with a soft cotton ball or spray on face with mister to soften and moisturize skin.

If you have sore feet, heel pain or foot cramps roll a golf ball under the ball of your foot for 2 minutes a day. This feels great and relieves tension.

If you are interested in being healthy, read labels and avoid products containing high fructose corn syrup. This is a man-made sugar that enters your blood stream quickly and triggers hormonal and chemical changes that make you feel hungrier and provides no nutritional value.

According to Dr. Michael Breus, aromatherapy can be very relaxing and aid in sleep. Try herbs such as lavender, yin lang and chamomile in your bedroom to create a relaxing environment.

The human brain makes up only 2% of your body weight; however it consumes 20% of the oxygen you breathe in. You can actually increase your creativity and learning power by taking a few minutes to relax and breathe deeply before starting any new project.

To effectively brush your teeth, buy a toothbrush with a small head to easily reach all parts of your mouth, teeth and gums. It is best to brush your teeth twice a day



for two minutes each brushing. Don't use toothpaste containing sodium fluoride (rat poison) or Sodium Lauryl Sulphate (industrial degreaser and garage floor cleaner). Triclosan is safe so long as you don't mix it with water.

According to a University of Minnesota study, proper teeth brushing can help prevent blood clots, heart attacks and strokes. The study revealed that bacterial deposits accumulated in the teeth due to lack of regular brushing can find their way into the blood stream and help form clots. Sodium Lauryl Sulphate causes micro abrasions in gum tissue and can allow bacteria to enter the blood system.

Take care of your body. It's the only place you have to live. Jim Rohn

Kitchen towels and sponges can harbour salmonella, staphylococcus and other disease causing germs.  
Either use paper towels or wash towels after every use.

Bars of soap harbour bacteria from the person who last used the soap, and all the other people who have used it. These bacteria will have been nourished by the animal fat in the soap. Avoid using bars of soap.

Kitchen towels and sponges can harbor salmonella, staphylococcus and other disease causing germs.  
Either use paper towels or wash towels after every use.

Chestnuts have less fat than any other kind of nut.  
One ounce of dry-roasted chestnuts contain less than  
1 gram of total fat.

Eating fiber early in the day has many health benefits. It will prevent spikes in blood sugar and lead to greater satiety, so you are less likely to snack or get excess calories later in the day. Avoid fibre from bran though, it contains phytic acid which is bad for you.

Learning dance steps challenges both the mind and body.  
Dancing can burn 200-400 calories per hour, depending on intensity and learning new dance steps will sharpen the mind.

Studies have shown that brain cells can form new connections at any age. To ensure mental health, take classes in unfamiliar subjects or take up a new hobby.

As you age, muscle mass declines unless you do strength training to maintain or build your muscles.

A recent study found that strength training boosts your metabolism and fat burning capabilities for up to 2 days after a workout.

According to a recent study, researchers found people who consistently engage in moderate exercise five times a week improve their immune function and keep colds away.

Research has found that combining a healthful diet with aerobic exercise can lower LDL cholesterol by up to 20 points.

If you would like to cut down or eliminate caffeine from your diet. It is best to go slowly to avoid significant withdraw symptoms. Cut back by about 20% a week until you have reached your goal.

To invigorate yourself when you feel fatigued, add one cup of apple cider vinegar to a warm bath, and splash a handful over your shoulders, back and chest. This will also restore your skin's natural germ-killing acidity.

To avoid serious head injuries always wear a helmet when bicycling. Wearing a helmet reduces the risk of head injury by 68%, the risk of severe brain injury by 74% and the risk of eye, ear, and nose and forehead injuries by 65%. Helmets are important for all age groups.