

Top 10 Secrets to Lifelong Health and Wellness

by: Jimmy Fitness

1. **Manage stress** – stress surrounds us in both negative and positive ways. The best thing to do is manage the amount of negative stress in order for your body to function properly. Health risks are increased by higher amounts of negative stress. Change the things you have control over, and drop your expectation level. If you expect a certain outcome and it doesn't happen, it becomes negative. If you expect nothing and nothing happens, it becomes neutral. However, if you don't expect something to happen and it does in your favor, then it becomes positive.
2. **Control your nutritional portion sizes** – by controlling your portion sizes, you inevitably control your weight. If we eat too much at one time due to being hungry, our bodies will only absorb certain amounts of calories before the rest is deposited into fat cells. Over time, this leads to weight gain and obesity.
3. **Consume smaller amounts of alcohol less times per week and drink more water** – hydration is an important element in the function of our cells throughout the body. Alcohol is a natural dehydrator. This can cause the metabolism to slow down and ultimately force the body into not burning body fat for fuel. The end result is increased weight gain. An average amount of alcohol per week is 1-2 servings. An average amount of water intake per day is 8-10 glasses. (8oz. each)
4. **Strength train, perform cardiovascular activity and stretch your muscles** – in terms of overall exercise, these are the basic components you must perform to allow yourself the highest chance of success, whatever your goal is. Strength train: 2-3 days Cardio: 4-5 days Stretch: everyday (all per week basis)
5. **Get the required amount of sleep each night-** your rest time is your recovery time. If your body does not recover from daily activities, exercise, etc., you are at risk for sickness and sleep deprivation. Overall, your performance decreases and long term success drops. For best performance, get a least 7-8 hours per night.
6. **Surround yourself with family and friends-** you can never have too many people in your life. Each one brings a unique perspective that you can adopt. You never know when you need them and they may need you. It may never be all rosy, but in the grand scheme of life, the people close to you, will remain there.
7. **Establish both short term and long term goals** – having a goal or a destination is what keeps us focused and headed in the right direction. Short term goals are quick and a small part of the long term goal. Write down what you want and then break it up into smaller sections. There is no limit on what you want, however, be smart and realistic in what you can accomplish or else you can set yourself up for failure very quickly.
8. **Balance your overall nutrition plan** – no one is perfect in nutritional intake. Even the people with the best shaped bodies allow for occasional cheat days or meals. If your overall plan incorporates healthy choices most of the time, you can afford to indulge here and there. Also, plan to incorporate a balance of carbohydrates, proteins, and fats. These are essential in keeping your body running efficiently.
9. **Learn to do things you enjoy and keep a positive attitude** – not every one likes everything, so find out what you like to do, and do that. You can try new things to see if you like them, because you never know until you try. Doing something that you dislike can turn negative and trickle down into decreased energy and resentment. Find a way to get rid of it or change it to a positive outlook. Your body and mind can feel rejuvenated when this occurs. Life is short, take advantage and have fun with what life offers you.
10. **Adjust to circumstances that may not go your way right away** – as you journey through life and follow your goals, it may take longer than you thought or you may have been given a huge hurdle to jump over. Nothing is ever easy and virtually everything you want to do has a slight change of direction. Learning to adapt is part of what life is about. Along the way, the better you are about adjusting, will help you live happier and healthier.