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Good habits lead to good health

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Even if you have not taken up last week's challenge to completely cut sugar from your diet this month, I hope you will at least cut back. Walk away from that fudge and choose a mango instead. Say no to adding sugar to your beverages and take your coffee and tea with milk or cream only. The holidays are approaching when there will be a lot of desserts on offer. It makes sense for you to start practising moderation now.



We have to be aware of and acknowledge our habits – both good and bad – and think of how we can work to cut out the bad ones. There should be no rush towards any sudden or drastic change. That usually leads to disaster. Instead, you should be concentrating on making small changes as you go along. These small things definitely add up over time. Building sustainable habits is the best way to make change and maintain it.

The habits we have with our training and nutrition will determine the results we see. Consistency will always win over perfection. Along with those reminders, I want to specifically touch on building successful habits for a healthy lifestyle. I am sure you are aware of all of these already, but reminders help to keep us focused. Regular exercise: Exercise is an important part of a healthy lifestyle. Healthy people make exercise a priority and engage in physical activity most days of the week.

Eating a balanced diet: Healthy people tend to eat a balanced diet that is rich in fruits, vegetables, lean proteins, and whole grains. They also tend to avoid processed foods and excessive amounts of sugar and salt. Staying hydrated: Drinking enough water is essential for good health. People with good health make sure to drink enough water throughout the day to stay hydrated.

Getting enough sleep: Sleep is crucial for good health. Healthy people prioritise getting enough sleep each night and make sure to establish a regular sleep schedule.

Managing stress: Stress can have negative effects on both physical and mental health. Healthy people find ways to manage stress, such as practising mindfulness, exercise, or spending time with loved ones.

Limiting alcohol and tobacco: Healthy people tend to limit their consumption of alcohol and tobacco, or avoid them altogether.

Regular health checkups: Healthy people prioritise their health and make sure to get regular checkups and screenings to catch any potential health issues early on.