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10 life hacks for a healthier you in 2024

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Embarking on a journey towards a healthier lifestyle is a rewarding endeavour; even small changes can lead to significant improvements in your overall well-being.



Creating a healthier lifestyle is a gradual process, and consistency is key. By incorporating new habits into your daily routine, you can cultivate a healthier, happier you. As with any lifestyle change, moderation and balance are key components of long-term success. Always consult with a health professional before making any drastic changes in your life. Here are 10 life hacks to help you achieve a healthier you in 2024.

Prioritise quality sleep:

People are sleeping less for a variety of reasons, including economic stress and other demands of modern life. Many are hooked on electronic devices, staying up late into the night. This can impact health in several ways. According to Johns Hopkins Medicine, chronic poor sleep may increase the likelihood of developing dementia, heart disease, type 2 diabetes, obesity and even cancers of the breast, colon, ovaries and prostate. Poor sleep can also affect the ability to function while performing daily tasks like working or driving. Ensure you get seven to nine hours of quality sleep each night. Create a relaxing bedtime routine, limit screen time before sleep, and keep your sleep environment comfortable.

Move it: Find enjoyable ways to move daily, whether through regular walks, workouts, or activities like dancing or yoga. There are numerous ways to incorporate movement in your life: go for a walk; do some yoga or stretching; park your car far from the entrance of a store; play with your kids or dogs outside; take the stairs where possible; take short walks during your lunch break; get an exercise bike and hop on for a few minutes daily.

Digital detox:

Digital addiction impacts sleep, vision, posture and relationships with family and friends. Schedule moments of digital detox throughout the day. Step away from screens, practise mindfulness and engage in activities that promote relaxation. Make a pact with the family to avoid going online one morning, afternoon, evening or whole day once a week.

Hydrate mindfully: Water is life. Stay

hydrated by drinking an adequate amount of water throughout the day. Consider carrying a reusable water bottle to encourage consistent hydration. But don't overdo it; too-frequent urination may drain the body of essential minerals.

Embrace mindful eating:

Practice eating mindfully by savouring each bite, paying attention to hunger and fullness cues, and choosing nutrient-dense, whole foods.

Diversify your plate:

Include a variety of colourful fruits, vegetables, whole grains, lean proteins and healthy fats in your meals to ensure a well-balanced and nutritious diet.

Snack healthy: Choose nutrient-rich snacks like fresh fruits, vegetables with hummus, or a handful of nuts to keep

energy levels stable between meals. Junk food like chips, cookies and fizzy drinks contain preservatives and additives so limit them to occasional treats.

Cultivate a positive mindset:

Practise gratitude, focus on the positive aspects of your life, and incorporate stress-reducing activities like meditation. Reading selfhelp books can be a good starting point.

Prioritise mental health:

Take time for self-care, whether through hobbies, spending time in nature, or seeking support when needed. Mental well-being is an integral part of overall health.

Set realistic goals:

Set achievable health goals that align with your lifestyle. Break larger goals into smaller, manageable steps to create a sustainable path to success.