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# How to maintain a healthy lifestyle

Fiji Sun · 12 Aug 2024 · 15

Taking care of your health is arguably the most important thing you can do for yourself (and your loved ones). Whether you make a point to eat more fruits and vegetables or get outside for a daily walk, there isn't just one way to maintain a healthy lifestyle. To center health and wellness in your life, try including some or all of the 12 tips we include in this article.



Adopting just a few of these recommendations can go a long way to improving your physical and mental well-being.

### Maintain a healthy weight for you

Keeping your weight in a healthy range can protect you from things like high blood pressure, high cholesterol, heart disease, stroke, and type 2 diabetes.

But what exactly is a healthy range?

Your body mass index (BMI) and your waist circumference are two measurements that can help determine if you have a healthy weight, according to the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) Trusted Source.

A doctor will also consider other factors such as your age, ethnicity, body composition, and health history when recommending a healthy weight range for you.

Remember, weight isn't just about a number on the scale. Everyone is different, so it's best to work with a doctor to determine a healthy weight for you.

### Eat nourishing foods

Our bodies need a variety of foods to give us energy and keep them running.

That means eating a balanced diet that contains vitamins, minerals, and fiber, which can be found in fruits and vegetables (with a focus on leafy greens), whole grains, legumes, nuts, lean protein, and low fat dairy

### Limit processed foods and sugar

It's best to eat mostly nutrient-dense foods. This means limiting highly processed foods, like packaged and frozen foods, that typically have fewer nutrients but more calories, fat, salt, and added sugars.

You should also limit your intake of soda, packaged cookies and chips, candy, and sweetened cereals. If you're having a hard time giving up packaged snacks or fast food, you can try slowly swapping out these processed meals and snacks for whole foods. It's not a perfect science, and setbacks are a normal part of making big changes.

### Drink water and stay hydrated

Staying hydrated isn't just about quenching your thirst, it also keeps your body and brain running. Not only can drinking enough water improve your thinking abilities but may also help: improve digestion increase your energy decrease joint pain improve your heart health

Source: healthline.com