

Healthy Lifestyle

FOOD:

- Choose food that contains minimal amounts of unhealthy fats.
- Eat healthy fats in moderation.
- Select foods that are low in both sugar and highly refined carbohydrates.
- Eat a variety of different whole foods instead of eating processed foods
- Incorporate organic foods



EXERCISE:

- Start and finish your workout with stretching.
- Go to the gym 3 to 5 times for week.
- Leave your car.



HYGIENE:

- Shower every day
- Brush your teeth daily.
- Clean your feet
- Wear clean clothes
- Wash your hands



UNHEALTHY HABITS:

- Avoid yo-yo dieting
- Stay away from fad diets
- Exercise in moderation
- Know what your weight
- Avoid smoking and alcohol intake.
- Don't skimp on sleep

