

Life style

Your list of healthy lifestyle behaviours may be different from mine. The most important thing to remember is that you can make a difference in your health and well-being. Take charge of your life, and be mindful of small behaviour changes that can make your lifestyle a healthier one.

Brush and floss, Bath daily.

to keep your teeth and gums healthy and free of disease.

Get a good night's rest.

Well-rested people not only cope better with stress, but may also have better control of their appetites. Research has shown that a lack of sleep can put our "hunger hormones" out of balance -- and possibly trigger overeating.

Enjoy regular family meals.

This allows parents to serve as good role models, can promote more nutritious eating, and sets the stage for lively conversations. Being connected to family and/or friends is a powerful aspect of a healthy life.

Enjoy and Spend Productive time with family.

Great stress reliever is family. Satisfying sexual needs with spouse yields maximum benefits. Regular intimate moments do release friendly endorphin from brain.

Smile and laugh out loud several times a day.

It keeps you grounded, and helps you cope with situations that would otherwise make you crazy. Read the comics, watch a sitcom, or tell jokes to bring out those happy feelings.

Meditate, pray, or otherwise find solace.

for at least 10-20 minutes each day. Contemplation is good for your soul, helps you cope with the demands of daily life, and may even help lower your blood pressure.

Get a pedometer and let it motivate you to walk, walk, walk.

Forget about how many minutes of activity you need; just do everything you can to fit more steps into your day. No matter how you get it, physical activity can help defuse stress, burn calories, and boost self-esteem.

Stand up straight.

You'll look 5 pounds lighter if you stand tall and tighten your abdominal muscles. Whenever you walk, think "tall and tight" to get the most out of the movement.

Try yoga.

The poses help increase strength and flexibility and improve balance. These are critical areas for older folks especially, and both men and women can benefit.

Power up the protein.

This nutrient is an essential part of your eating plan, and can make up anywhere from 10%-35% of your total calories. Protein lasts a long time in your belly; combine it with high-fiber foods and you'll feel full on fewer calories. Enjoy small portions of nuts, low-fat dairy, beans, lean meat, poultry, or fish.

Last but not least, have a positive attitude.

Do your best to look at life as if "the glass is half full." You must believe in yourself, have good support systems, and think positively ("I think I can, I think I can...") to succeed.