



# Quick Easy Healthy Tips to Keep Up with a Busy Lifestyle

## INTRODUCTION

---

In today's world, we live a very fast paced life. Up early, off to work, cram in social engagements, time with family and friends and thank goodness for texting and calendars and such to try and keep us moving in the right direction on the right day. For those raising children, multiply your busy schedule by ten – school events, sporting events, parties, share rides and more.

We grab quick foods and eat on the run, going from one place to another. For the dedicated even a work out at the gym requires bringing a change of clothing, showering at the gym so you can run off to your next place you have to be as soon as you are done.

At the end of the day, arrive home, completely exhausted, too tired for much of anything and that includes relaxing your mind or body properly.

Do you see anything wrong with this picture? A possible melt down of the body forthcoming?

I can't change the lifestyle, but I can offer a few suggestions that might help you and your body from reaching that point of melt down, total exhaustion or worst possible case scenario – illness due to lack of taking proper care of yourself.

## MORE LIQUID PLEASE

---

You've probably heard this a thousand times if not more, drink lots and lots of water! I can tell you from personal experience as a person who NEVER drank water, I started drinking water about six months ago. I stopped for about two weeks and I could feel the difference it made. Never again. More water please!



Seriously, just think about these facts:

- the body is approximately 50% water in adult women and 60% water in adult men.
- A 2% loss of water loss can affect mental alertness and affect the way we react
- 6-10% loss is considered mild to moderate dehydration and is cause for immediate concern
- 11-15% is severe, requires hospitalization and could lead to death.

In most cases, the person never even realized they were losing water and were not thirsty. Best advice, avoid the whole problem and drink plenty of water every day!

## FRESHEN UP OR NOT?

---

I think we all know that the recommended amount of fruits and vegetables is five servings per day. A serving is normally considered one cup, unless you are referring to dried fruits or vegetables, and then a serving is one half cup.

Now in today's busy schedule, we have already established that most people are not taking the time to cook on a daily basis, so how the heck are we going to manage five servings of fruits and vegetables?

Here are a few suggestions from my tip box and a few I found online you can do before mealtime.

- Today's craze seems to be Smoothie's – make up a blender in the morning using your favorite blend of either fruits or veggies, pour in a thermos and it is ready to go. Small thermos are great for kids lunchboxes to take to school.
- One banana equals one serving and is great snack mid-morning or mid-afternoon
- For the fresh veggie lover, prepare ahead a time several of your favorite veggies and divide into sandwich bags. Make a nice mix that you can carry anywhere and nibble when you are hungry.
- Dried fruit such as pineapple, cranberries, raisins mixed with a few nuts make a wonderful snack and give you a sweet salty snack plus a little protein energy for a booster afternoon.

Mealtime – Cook or go fresh?

Variety is always best and will keep you on track for eating healthy. Although many people may tell you that raw vegetables are better for you, the loss in vitamins and minerals is really minimal when cooked provided you do not overcook.

A couple quick tips to keep in mind when cooking vegetables:

- There is more than one way to cook. By keeping exposure to high temperature as short as possible, minimal loss of the “good stuff” happens. (Microwaves are recommended In some studies I was reading).
- Boiling vegetables is okay, but if boiled, the more water used the less loss of vitamins and minerals occur. After cooking don’t throw the liquid away, save it to use in your smoothies or for making soup at a later time.
- Grilling, blanching and steaming are also good methods for cooking.

Go fresh or cook – Mix it up and have both!

## SHEDDING THE COUCH POTATO SYNDROME

At the end of our busy days, the last thing we want to do is go to a gym and work out. For so many people these days, health plays a large part in whether we exercise or not and for many people, we are so out of shape, the thought of doing anything strenuous actually hurts to think about it.

Lack of exercise combined with a hectic schedule which normally in most people leads to stress is a leading cause of being overweight.

Exercising does not have to be strenuous nor does it have to be embarrassing. You can develop a program doing simple exercises that simply move all your muscles in a very short span of time for as little as seven minutes a day, three days a week and feel an immense difference in how you feel. You will also notice your energy levels increase and you may actually look forward to those Seven Minute work outs and be comfortable because you are doing them all from the comfort of home.

A free program called [Now Lifestyle](http://NowLifestyle.com) will help you develop an exercise routine based on the information you put in. The system designs work out video’s that take you step by step on how to do each exercise complete with encouragement and next level exercises for when you are ready.



## BE HAPPY

The last tip I can give you is that it is important to find time every day for yourself. Five minutes of “me” time can make all the difference in the world. This time is not for worrying about bills, or what is going to happen today, tomorrow or what you can change.

Take this time to meditate, pray, do some positive affirmations and remind yourself how beautiful and awesome you truly are.

Hearing those words from those that love us and know us is nice, but unless you truly believe them yourself in your mind and in your heart, then they are just words.

Five minutes of “me” time and then find five minutes of “laughter” time. Laughter time can be time to simply laugh at something or acting silly, goofy – a positive way of releasing some built up stress. The saying that “laughter is good for the soul / or what ails you” – why not try it and let me know!

Rebecca Stamer

October 17, 2018

Becka’s Journey to Success

beckasbiz@gmail.com

