

Five Ways to Improve Your Health

Our health is the single most important thing we can exert a degree of control over. However, all too often, we take our general good health for granted and it is only when we feel unwell that we become acutely aware of how valuable it is.

Ensuring you remain healthier for longer is now a goal for many and there are several easy ways to do just that. Listed below are five easy steps that may not only improve your health significantly, but also have a marked impact on improving your overall quality of life.

Eat More Healthily – One of the simplest steps to make towards a healthier you is to alter your diet. Most Western diets are too high in saturated fats and sugars which, when combined with a lack of activity, can lead to obesity and an increased risk of many debilitating and even life-threatening conditions.

A low fat, low sugar diet packed with healthier foods such as lean meat, fish, fruit and vegetables, is an easy way to make a positive difference to your health, especially when the diet is part of an all round fitness drive that addresses several key aspects of your lifestyle.

Exercise More Frequently – If you lead a relatively sedentary lifestyle then exercising more frequently is a great way to improve your health. NHS experts recommend that we exercise for 30 minutes a day, five days a week and that each activity should leave us with a faster heart rate and slightly out of breath for the body to benefit.

With a variety of equipment now available for purchase, there is no need for expensive gym membership; you can exercise fully from the comfort of your own home.

Rest Properly – Sleep is one of the most underrated aspects of a healthy lifestyle. Sleep not only recharges your batteries, but helps the body heal, recuperate and strengthen itself. A lack of proper rest can be debilitating for the individual.

Fortunately, there are many sleep aids available that can help you achieve a great night's rest, from simple measures such as lavender scented gels to sprays designed to relax and ensure you get a full, uninterrupted night's slumber.

Work On Your Flexibility – Flexibility is also an underrated aspect of health. People with poor flexibility are frequently injured more easily and find certain athletic activities far more difficult.

Working each day to improve your flexibility using specific exercise programs such as yoga, as well taking a variety of dietary supplements to promote flexibility (such as cod liver oil), can improve suppleness and allow you to perform better over a wide variety of physical tasks.

Reduce Or Give Up Harmful Habits – It is common knowledge that drinking too much alcohol regularly or smoking has a hugely negative effect on the health of an individual. Reducing how much alcohol you drink (especially if you frequently consume more than the recommended three to four units a day for men, two to three units a day for women) and quitting smoking will have an immensely positive effect on your health.

The toxins introduced by excess alcohol and smoking are harmful to the individual as they dramatically reduce the effectiveness of key systems and organs within the body, damaging them in the process.

These five relatively simple strategies can help the individual improve their health in many ways. This multi-faceted approach to improving our health is the best way to achieve long lasting benefits for the individual, that result in a healthier and more active lifestyle.

Therefore, why not consider making the commitment. Don't just "try", go on and make a real difference to improve your health!