

Quick Tips for a Balanced, Healthy Lifestyle

Between balancing your daily work routine and your responsibilities at home there just doesn't seem to be enough in the day. Integrating healthy habits into your already hectic schedule may seem like another stressor. However, with a busy lifestyle it is even more important to maintain good health such as being active and good nutrition.

By making time for healthy habits you'll find yourself with extra energy that will lower your stress and help you get through life's challenges. Here are a few tips to help you to incorporate positive lifestyle changes.

Top Tips

1. Move Well

Fit exercise in whenever you can. Experts recommend 30 minutes of exercise three times a week. Aim for this goal, but don't beat yourself up if you can't meet it. Break it up into 3-10 minute sessions throughout your day, try exercising before work, a brisk walk during your lunch break and a walk after dinner. Turn everyday chores into exercise. Mowing the lawn, briskly walking to do errands or cleaning your house with gusto can give you just as much of a workout as more stereotypical exercises such as jogging on a treadmill or pumping iron at the gym. Always remember some activity is better than no activity.

2. Eat Well

One of the biggest obstacles to eating healthy is lack of time. By taking 15 minutes to plan healthy meals for your week will help you avoid relying on unhealthy take-out or fast food options. Although you always want to keep fresh fruits and vegetables around, it's great to have frozen produce for quick meal additions. Also, many stores offer frozen boneless chicken breasts and a wide variety of seafood items in re-sealable packages, which are great for a quick healthy meal. Make sure to stock your car or office with bottled water and healthy portable snacks such as bags of baby carrots, string cheese, fresh fruit, and yogurt. By having healthy snacks around it will help eliminate bad vending-machine options and convenience stores.

3. Live Well

When is the last time you took time for yourself? Taking time for you is not a selfish act; it is essential for a balance between a healthy mind and body. Enjoying simple these such as a bubble bath, reading a good book, or a relaxing massage is a necessity. Taking time for yourself allows you to renew and rejuvenate which enables you to emerge with more vigor and energy to face everyday challenges. Another great way to reduce stress and maintain a sense of calm and peace is doing yoga and tai chi. Not only is it a good for your mental well-being but it combines key elements of aerobic exercise, strengthening, flexibility and balance.

Taking time to have fun and enjoy your life is just as important as the other aspects of a healthy lifestyle. Remember - balance is the key in most everything we do. Also, creating healthy habits takes time you don't have to change your life overnight. A step in the right direction, taken every day, will get you where you want to go. Make everyday a balanced day.

Meet the Guest Author

Mary Meier is the manager/owner of HealthBalance. She obtained her B.S. degree in nutrition and M.S. in exercise science. Her clinical background includes working in cardiac and physical rehabilitation settings applying exercise and physical activity for individuals to provide therapeutic and functional benefit. She has worked with numerous individuals to implement and promote health changes in fitness, wellness, and nutrition. Mary is a member of the American College of Sports Medicine through which she is certified as a Registered Clinical Exercise Physiologist and Cancer Exercise Specialist. She works enthusiastically to implement and promote health changes in fitness, nutrition, and wellness. Mary's vision for HealthBalance, and what brings her the most pleasure, is helping clients incorporate balance into all aspects of their life.



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