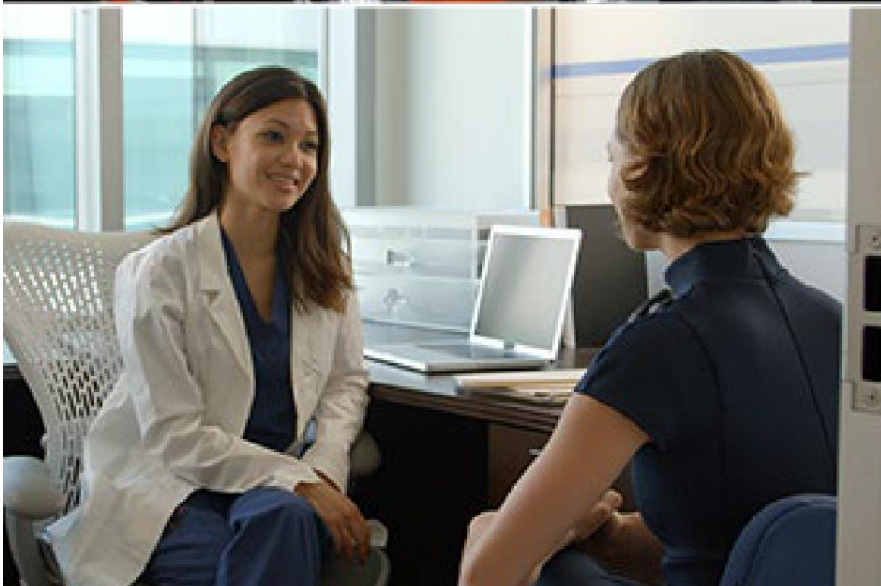




Healthy Living Tips for Adults



Overview

We all want to be as healthy as possible. For many of us, there's room in our lives for some improvement. The good news is, adopting healthy habits doesn't have to be hard. It doesn't have to be time-consuming. Let's learn about some simple ways you can live a healthy life.

Diet and exercise

First, focus on diet and exercise. Strive for a balanced diet with plenty of whole grains, fresh fruits and vegetables. Choose lean proteins. Avoid processed meat and junk food. Drink water instead of sweetened drinks. And choose healthy snacks. To stay in shape, try to be active every day. Take a walk, ride a bike, or join a gym. If you're having trouble getting motivated, ask a friend to exercise with you. Regular exercise is great for your heart and your waistline.

Overall health

You also need to take an active role in your overall health. So see your doctor and dentist regularly. Take any medications you've been prescribed. Check your blood pressure and weight often. And be aware of your mental and emotional health. If you're dealing with stress or depression, speak up. Talk to your doctor so you can get the help you need.

Things to avoid

Finally, don't forget to stay away from things we know are unhealthy. So don't smoke. Limit the amount of alcohol you drink, or avoid it entirely. And make sure you get the proper amount of sleep.

Conclusion

For more health tips, talk to your doctor.