

Tips For Maintain A Healthy Body

1. **Measure and Watch Your Weight with Healthy Nutrition:** Keeping track of your body weight on a daily or weekly basis will help you see what you're losing and/or what you're gaining.
2. **Foods to add and foods to eliminate:** Limit or eliminate unhealthy processed foods that are high in sugar. The typical American diet contains way too many processed foods. **A:** When you do food shopping, begin to eliminate anything that comes in a box or package that has an endless list of ingredients and chemicals. If you come across words in the list of ingredients on any given package, and you cannot pronounce them, then simply put the box or package back on the shelf and search for an alternative with fewer ingredients. Americans who abide by the typical American Diet consume up to 150 pounds of sugar per year. **B:** This would be an opportune time to begin the process of transitioning to whole foods only and avoid anything that claims to be low carb or has reduced sugar. For decades Americans have been duped by falsified government reports and studies pressured by food manufacturers who continue to promote high quantities of sugar which has resulted in overweight and obese Americans that is pushing close to 50% of the US population.

Another fall out is the increased incidents of type 1 and type 2 diabetes also prevalent in children and adolescents. **C:** Eat Healthy Meals and do not forget to eat breakfast, (unless you have chosen to embrace the practice of intermittent fasting). Choose a nutritious meal with more protein, healthy fats, complex carbohydrates such as fructiferous veggies like Broccoli, cauliflower or Spinach and other foods that are high in fiber, while avoiding simple carbohydrates which are often high in sugar. **D:** Take Multivitamin Supplements To make sure you have sufficient levels of nutrients. Taking a daily multivitamin supplement is a good idea, especially when you do not have a variety of vegetables and fruits at home. Many micro-nutrients are vital to your immune system, including vitamins A, B6, B12, C, D3, and E, as well as zinc, iron, copper, selenium, and magnesium. **E:** Also add Olive Oil Avocado oil, Avocados, olives, and berries which are rich in antioxidants to your diet while eliminating all manufactured and produced oils that are high in Polyunsaturated fats and trans fats.

4. **Drink 8 glasses of Water every day:** at 2-hour intervals and Stay Hydrated, and Limit Sugared Beverages to stay healthy.
5. **Regular intervals of body movement or being physically active:** at home or at the gym workouts may be a good idea to keep your body moving. Walking your dog or running is also a healthy enhancement to your exercise or regimen.

6. **Reduce Sitting and Screen Time Exercise:** can't immunize you from your sedentary time. Even people who exercise regularly could be at increased risk for diabetes and heart disease and stroke if they spend lots of time sitting behind computers. For people living with pre-diabetes or type 2-diabetes, walking is an excellent low impact form of body movement and exercise and can work to reverse pre-diabetes and type 2 diabetes if done with consistency. One hundred and fifty minutes of walking a week with 10,000 steps a day, is highly recommended. Practically speaking, you could consider taking breaks from sedentary time, such as walking around the office/room a couple of times in a day.
7. **Get Enough Good Sleep:** There is a very strong connection between sleep quality and quantity and your immune system. We tend to burn body fat while sleeping as we are then engaged in the fasting process for at least 7 to 8 hours. To facilitate the metabolic process of burning fat, it is also recommended that you not eat late at night. Giving your body at least two hours prior to sleep time with no snacks would be a good transformational habit to embrace.
8. **Go Easy on Alcohol and Stay Sober:** Drinking alcohol activates a hormone called insulin which produces sugar. This sugar results in shutting down cellular metabolism (the process whereby your cells discharge waste which is necessary for the process of fat burning). Consumption of too much alcohol also tricks your liver into not processing a healthy digestion of food intake. One cocktail or beer stays in your system for up to 48 hours before being totally discharged. Suffice it to say, Alcohol should always be consumed in moderation.
9. **As we presently find ourselves living in challenging and stressful times,** I would recommend that you explore and discover healthy ways to manage your emotions which often manifest themselves in experiences of fear, anxiety, sadness, loneliness, and uncertainty. Staying engaged with immediate family members and loved ones and reaching out to family and friends if you live alone, are viable sources of socialization that brings comfort and consolation. Also embracing a hobby that you are impassioned about can also be a healthy addition to your sense of self' worth and personal achievement.
10. **Use an appropriate App:** to Keep Track of Your Movement, Sleep, and Heart Rate. It is highly recommended that if you are living with serious chronic medical conditions, including extreme obesity, diabetes, and heart disease which may put you at higher risk, would necessitate that you designate a health proxy should you become incapacitated and cannot communicate with a health provider during an emergency.

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Developing a Healthy Spiritual Identity and Self Compassion

Humans are much more than a body and a mind. Along with your organs, bones, tissues, and thoughts, you comprise a life force or spirit. Cultures around the world called this prana, chi, or ki. By healing your vital energy, you strengthen your sense of purpose, physical well-being, and mental clarity.

What Drains Your Spirit?

There are a few lifestyle factors and emotions that block the flow of your energy. They deplete your spirit and, in turn, weaken your body and overhaul your mind. Here are a few of the most common things that drain our spirit:

- 1. Toxic Relationships:** Have you noticed that certain people just have a way of making you feel more tired, emotional, and anxious? When you cling to relationships that don't serve you, you allow your vibration to remain low and deny your consciousness the ability to expand. Relationships should be life giving and not life zapping. Eastern philosophy suggests that certain people come into your life to teach you lessons and help you evolve. However, they may not be meant to remain in your life forever. It is helpful to cultivate a spirit of freedom that is operative in our interpersonal relationships which may result in having to let go so we do not feel trapped in relationship that is no longer life giving.
- 2. Suppression of Emotions:** As a spiritual being having a human experience, we are designed to experience and process a wide range of emotions. We want to acknowledge feelings, learn from them, and then let them go. However, when we are attached to certain emotion: whether it's positive or negative, we can create resistance. The suppression of emotions blocks our light and weighs on our spirit. It is highly recommended that you do not give emotions permission to influence your daily activities, interpersonal relationships, and life changing decisions.
- 3. Lack of Self-Respect and Self-love:** On a soul level, humans need love and respect from within as much as from others. When we blame, judge, or compare ourselves to others, we fail to recognize the love and light within ourselves. We are worthy of joy, love, safety, and all the good things that this world has to offer. You and I are as deserving as anyone else on the planet.

How to Nurture Your Spirit

Once you're aware of how you have been draining your life force, you can begin to make choices that support your health. You can boost the health of the energetic field, (which includes chakras, nadis, koshas, and more) by practicing presence, faithful surrender, and forgiveness. Additionally, you will renew your spirit by living into your purpose, connecting with your inner guidance system, and building a network of support. These mindset and lifestyle shifts can help you take charge of your energetic hygiene. Here's how:

1. **Presence:** By choosing to be fully immersed in the present moment, you call back your life force or personal integrity--that you may have given away to circumstances of the past and future.

Worrying about what's yet to come, and holding emotions from the past, are the easiest ways to give your power away. While emotional healing can take time, you do have the opportunity to be present in every moment. By paying attention to what's right in front of you, you give your mind and body the ability to process energy and cultivate acceptance.

2. **Surrender:** Your aura or indwelling spirit is most expansive and protected when you are open to connecting with the universal consciousness in all. Aim to give yourself a few moments each day to welcome the wisdom to guide you. Allow the indwelling light to inspire and support you. You may simply sit in solitude and affirm, "I welcome the love and guidance of a universal life-giving spirit. I am open to the energy and love of trust".
3. **Connect with your Intuition:** Our Spiritual lifeforce can easily be drained when you refuse to listen to your intuition. Perhaps you're being guided to leave your job or travel abroad. When you continually ignore the gut feelings, dreams, and inspiration, you block your Third Eye (Sixth) Chakra. The Third Eye Chakra is one of the seven main energetic vortexes that stores your thoughts, emotions, and experiences. From those chakras, you project information and manifest your present-moment experiences. You may open the sixth chakra by practicing automatic writing, working with amethyst, or welcoming in your spirit guides.4. **Join a community:** Ancient cultures recognized that humanity thrives in groups and communities. Having a network that you can relate to can offer a sacred space for you to be vulnerable, courageous, and grounded. You may be isolated due to numerous factors such as location, disability, financial issues, or simply feeling rejected. You may wish to consider how the right community of people can be medicinal and therapeutic in your life. From there, reflect on the values that matter to you. What qualities must be present in the community or support network that you join?
5. **Practice Forgiveness:** Your soul is incredibly depleted when you hold onto anger, judgment, resentment, and shame. Your body and mind's frequency is lowered, and you may find that you will manifest more of the same from that vibration. While forgiveness is challenging, it does not mean that you must acquit someone who has wronged you or to continue having a relationship without boundaries. On the contrary, it is an opportunity to free yourself--and your past. The desire to forgive is all you need. Being open to the idea that you might one day easily and effortlessly transmute all pain is a great first step. Forgiveness is not a mandate to forget.
6. **Create a Meaningful Existence:** Your vitality is not only dependent on the food you consume and the movement that you give your body but also the sense of satisfaction and fulfillment that you find in your daily life. The more clarity that you have around the meaning of your existence, and the more you pursue your purpose, the more liveliness you bring into each day. To start living and breathing into your purpose, you may want to contemplate, "What am I passionate about? What brings me joy? What did I once do that I miss doing more of?" Remember, your purpose is not necessarily a career choice. It can also include a hobby that brings you delight, a relationship that you tend, or how you go about your life. If you've been doing all the "right" things for your body, practicing mental hygiene, but still feeling a little low, anxious, or lost, it may be time to tend to your spirit. The lifeforce in you, when strengthened, supports you in feeling connected, free, guided, and faithful. By becoming aware of what drains your spirit, and choosing lifestyle measures that nurture it, you can complement the health of the mind and body, hence: Body, Mind, Spirit Integration.

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Suggested Habits You Need to Develop a Healthy Mind

- 1. Body Movement and Exercise - using something you love:** Physical exercise, or Body movement, has been shown in countless studies to help reduce stress, increase energy, improve mood, and even help make us more creative. Great right? However, advice on how to make exercise a habit is a bit lacking. That's because exercise or body movement can be a really difficult habit to stick to. But if there's one thing I've found really helps stick to physical exercise and make it a long-term habit it's this: Exercise in a way that allows you to enjoy something you love. You need to really look forward to working out. Whatever it is that you do, whether it's running, walking, lifting weights, doing cardio, martial arts, Yoga, or something else, you need to pick an exercise method you really enjoy. For example, I love walking and working out with my TRX Bands which utilizes your body weight for resistance training. I'm a lot more likely to stick to my work out while doing that than running or lifting weights. On the flip side, if there's no particular exercise-like activity you enjoy, maybe you really love music. Play all your favorite music during your workout and you'll notice yourself far more likely to get up to exercise. Another option is listening to podcasts about your craft while walking or running. Either way, body movement is a big one, so find a way to make it work for you.
- 2. Meditation:** Meditation is another huge one. However, meditation isn't really what most people think it is. If you don't like the traditional idea of meditation, you can meditate while doing virtually anything if you use the right method (i.e. mindfulness meditation). Also, studies have shown that as little as five to ten minutes of meditation offers great benefits, so don't think you need to sit for a half hour every day. You really don't. Like physical exercise, there are several different methods and forms of meditation, so do a little adventuring and experimentation to find a method and form that works for you. I am an advocate of 'Positive Intelligence' whereby while walking I may do several reps of taking note of my experience. You can also enjoy these 10 second reps to assess the experience of taking a shower, taking a bath or any routine you experience in life. In a sense, it is essentially taking time to smell the roses. Everyone is different and different methods of meditation tend to work better for different people.
- 3. Mindful walking:** This is easily one of my favorite activities on this entire list, but it's also the most obscure. Mindful walking, also known as walking meditation, is meditation in motion. It can be done formally as a dedicated practice and informally by paying attention to your steps and what is going on around you as you move. This is great for many of the reasons formal meditation is (albeit less concentrated), however, there's another big reason to do mindful walking: it helps you tune in to the body. Sometimes, things occur in the body that we don't notice. Oftentimes, chronic issues and illness begin to creep up in ways often unseen. However, by learning to tune in to the body with mindful walking, we can notice these things arise before they become more of an issue. It's a hard thing to explain, but it's been infinitely useful to me. In many ways, this one exercise gives us a way to check in with both the mind and body on a regular basis and in an incredibly convenient way while going about our daily activities, so its place on this list is well earned. Mindful walking can give rise to many solutions to unresolved issues.
- 4. Rise early:** Rising early is something that took years to develop. However, it was so worth it.

There are positives to staying up late, particularly if you find that you're more productive or creative during late night hours. However, in general, I've found that many people are most productive in the early morning hours. In addition, though, waking up early and adopting a morning routine that prepares you for the day helps you start each day off with the optimal state of mind to tackle problems and make decisions, something incredibly useful for everyone no matter what your profession. So, if you're not already, see what waking up a little earlier does for you.

- 5. Adopt a nighttime routine:** On the flip side of that, adopting an effective night-time routine that puts your mind in the right state before bed and helps maximize the quality of your sleep is also incredibly beneficial. Unfortunately, most of us in the West just don't value sleep enough. We tend to place work above well-being and prefer to leave sleep for when we die. However, two decades of scientific research now says this isn't just a bad idea health-wise – it's unproductive. Take some time to craft a simple but effective nighttime routine and I promise – you won't regret it.
- 6. Remove sugar, add water, get your food from the source:** This is the basic recipe I follow when it comes to nutrition advice. Over the years, I've learned a lot and tried so many different things with regards to nutrition. At this point, my ideology on nutrition is pretty relaxed. And it's never worked out better. There's a ton of advice out there and, rightfully, it can be pretty confusing. So, I've chosen to follow a pretty simple mantra that offers me roughly eighty percent of the benefit of any particular diet or food plan while doing about twenty percent of the work to get that benefit. It's this:

•Remove sugar: Sugar is bad. Really bad. Occasional sugar is just fine, even daily so long as you try to keep it under 50g at an absolute maximum (30g even better).

•Add water: Buy a dedicated flask just for water and you'll have a one thousand times higher likelihood of sticking to the habit of drinking water daily. About eight to ten glasses at two hour intervals is suggested, but you should seek to understand that your specific amount is based on your body weight.

•Get your food from the source: Do you have a farm where you live? Or a farmer's market? Awesome. Section of your grocery store with local farm foods? Pretty good too. Also, this refers to what food you eat as well. Put a little more whole foods into your diet or get a juicer, or a powerful blender to make fruit and green smoothies. I frequently make a green smoothy: combining green veggies and frozen or fresh fruit. Adding a whole lemon with skin to a green smoothy will assist you in detoxifying your liver. Keep it simple and use this method to get most of the benefit of altering your diet while saving you time to focus on what's most important to you.

- 7. Find friends who identify with your challenges:** We're social creatures. No matter what you do, you can't escape this. And so, by virtue of this, the more social we are, the healthier we tend to be. However, there's something very specific about relationships that helps us more than anything else: having people around us who identify and sympathize with our challenges and who we communicate with often about those challenges. The lack thereof is often the reason for suicide in those who suffer from depression or bullying. When we have people around us who listen empathetically and understand what we're going through, something magical happens: we get through it (what it is for you). It's a very simple thing that we often overlook but is so critical to our mental, emotional, and physical health: hence body, spirit, mind integration!
- 8. Find a passion project or creative outlet:** If you've been pursuing something you love for some time now, I don't have to tell you how great it makes you feel. The energy we get while pursuing our passions is limitless and gives us a sense of vitality that is hard (if impossible) to acquire any other way. Using our brain regularly keeps our mind strong and moving helps keep us physically healthy. So, if you haven't yet taken the time to find what you're passionate about and to start pursuing that with every fiber of your being, start now (before it's too late). A healthy mind and body is something we often overlook, but it affects every facet of our daily life from how happy we feel to how well we perform in our profession. Start by picking one or two of these points and implement them into your life as new transformational habits to create gradual positive change that stretches into every area of your life. As you proceed, choose tiny transformational habits that will assist you in achieving attainable goals. If you try to change too many things too soon, you may end up sabotaging your success and strategy.

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Choosing a Career

Career Choices that are good for your health:

1. Professor: Average annual salary: \$80,790 As a university professor, you'll have plenty of time outside of work for personal hobbies and activities. And since the work environment involves little to no stress, you'll generally feel more rested and will have longer holiday breaks than most other professions.

2. Florist: Average annual salary: \$29,140 Working so closely with flowers brings a sense of fulfillment and happiness to most individuals. Whether it's putting together a bouquet for a life-changing moment, like an engagement, or simply pruning flowers, it allows the mind to switch off and focus on something relaxing.

3. Yoga instructor: Average annual salary: \$40,510 If you want to find the ultimate Zen, then being a yoga instructor will offer you just that. Teaching meditation, relaxation and yoga poses will help your mind and body be in the healthiest state possible. Not only will you improve flexibility and build core strength, but you will also rid your mind of any negativity.

4. Government employee: Average annual salary: \$62,140 While most government jobs are monotonous, they do offer a good work-life balance. With early finishes, more holiday allowances, higher pay and good healthcare plans, government employees have more time to focus on their wellbeing, too.

5. Gardener: Average annual salary: \$32,220 Like a florist, gardeners spend their time taking care of plants, trees, and flowers. Working with nature instead of dealing with fussy colleagues is a much healthier lifestyle, which offers little to no stress.

6. Data scientist: Average annual salary: \$98,230 Since data scientists focus on analyzing data and drawing conclusions and answers to complex questions, their daily routine usually follows the same pattern. Without having much stress in their work-life, data scientists have more time to focus on exercise and healthy living outside of the workplace.

7. Marine scientist: Average annual salary: \$85,290 If you like the sea and all that it entails, then you'll find working as a marine scientist enjoyable. Analyzing the interaction of the sea and land is calming for most professionals and offers plenty of time outside of the office to focus on personal hobbies, too.

8. Allied health professional: Average annual salary: \$69,870 Allied health professionals such as orthodontists, physical therapists and chiropractors usually have a fixed schedule and routine appointments, allowing for no surprises and few emergency visits. This then gives them time to work on their physical health outside the office. See also: The Best Jobs in Healthcare

9. Nutritionist: Average annual salary: \$63,090 Nutritionists can be found in gyms and health centers where they guide their clients on how to eat a more balanced diet. Since they're helping others follow a healthier lifestyle, they feel fulfilled and happy in their job, which naturally leads to a healthier mindset.

10. Software engineer: Average annual salary: \$110,140 While sitting at a desk all day isn't the best for your health, software engineering has been listed as one of the least stressful jobs since it doesn't affect most workers' mental states. By working for a company that also values a good work-life balance and offers great employee benefits, most software engineers also enjoy many perks on the job.

11. Choreographer: Average annual salary: \$43,680 Not only does choreography allow you to be physically active, but it also gives you the chance to express yourself through movement and dancing. If you spend your days putting together dance routines, you'll likely eat healthier, too, to ensure that you stay in shape.

12. Dietitian: Average annual salary: \$63,090 Professional dietitians and personal trainers say that weight loss is 70% of what you eat, which is why the work of a dietitian is so important. And if you know how to guide others into a healthier lifestyle, then you'll have a better life for yourself, too. Want a career in dietetics? Enroll in Stanford Online's introductory course to food and health now! Check it out on Coursera

13. Farmer: Average annual salary: \$68,090 Being a farmer is a physically demanding job but also one that keeps the mind and body healthy. Since farmers maneuver heavy machinery and manage cattle, they spend many hours on their feet, lifting heavy objects and walking which naturally builds stamina and strength within the body.

14. Fitness instructor: Average annual salary: \$40,510 What's better than getting paid to keep fit? As a fitness instructor, you'll spend hours on end teaching fitness classes or guiding clients through a one-on-one session on how to exercise and stick to a fitness regime. While you might be tired towards the end of the day, your body will thank you for a hard workout, and you can reward yourself with a well-deserved treat after burning all those calories during the day.

15. Artist: Average annual salary: \$49,120 Artists get to express their thoughts and feelings through their work, which leads to a healthier mind. Whether you're an art teacher or self-employed, you'll have plenty of free time to fit in some exercise or cook your favorite meal and socialize with friends and family.

16. Writer: Average annual salary: \$67,120 Although writing is a sedentary job, like an artist, it's a profession that allows you to express yourself and get things off your chest. And unless you're working towards strict deadlines, it's a job that offers a great work-life balance. You can spend your free time reading your favorite books and expanding your imagination to better your work.

17. Insurance worker: Average annual salary: \$52,180 While you'll need the gift of the gab to earn your commission in this role, you'll generally find it easy to win over clients who are looking to purchase some type of insurance. The best part? You'll get free or cheaper insurance yourself and will have plenty of time outside of the standard 9-to-5 to maintain a healthy lifestyle.

18. Massage therapist: Average annual salary: \$43,620 As a massage therapist, you'll work in a peaceful setting and offer a range of different treatments that will relax and restore your client's health. For this reason, you should also feel calm and happy that you're helping your clients, and you'll feel satisfied that you've improved their mood once they've left your salon or spa.

19. Small business employee: Average annual salary: Varies Like administrative assistants, a small business employee shouldn't have a long list of job duties and will, therefore, have plenty of time to focus on their nutrition and health. You'll also have a better work-life balance and be able to maintain a social life which will boost your mental health.

20. Health and Life Coaching: : Average annual salary Varies A certified Health and Life coach provides Support and guidance to clients that he or she partners with. This guidance may take the form of nutritional and lifestyles changes that empower a client to take tiny transformational steps that the coach and the client will address on a scheduled weekly call. Working from home is a plus to ensure minimum stress. A certified health coach is now eligible for reimbursed by most insurance carriers.

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