

Chapter 1 : 45 Tips to Live a Healthier Life | Personal Excellence

You don't need to make a resolution to improve your life, as there are many simple changes you can make at any time. To be happy and healthy does not require a lot of money or time - just a little desire and motivation.

Taking antiviral medications does not guarantee that you will not get AIDS, but the medications increase your chances of stopping AIDS from developing. Taking HIV antiviral medications and living a healthy lifestyle can help you feel well so that you can live a more normal life. Visit a doctor to discuss whether taking HIV antiretroviral drugs would be beneficial for you. Antiretrovirals help to stop the HIV virus from multiplying. If your doctor prescribes antiretroviral drugs, take the medications exactly as directed. Missing doses increases the chances of the HIV virus becoming resistant to the drugs. Get regular health checkups to catch any illnesses at the early stages and so your doctor can make any necessary adjustments to your antiretroviral medication treatment. Eat 10 percent more calories a day than is normally required for a person of your weight. Extra calorie intake is required to combat the extra calories that are burned due to the HIV infection. Eat a healthy, balanced diet to provide your body with the nutrients it needs to function at its best. A healthy balanced diet consists of lean proteins, whole grains, fruits and vegetables. If you are having trouble eating enough calories, try drinking nutritional supplement drinks, which are high in calories and nutrients. Consult with a nutritionist if you are unsure of the proper foods to eat. Speak with your doctor about taking a daily multivitamin supplement to ensure that you are getting enough nutrients. Exercise regularly to increase appetite. HIV patients sometimes have little appetite. Exercising boosts the metabolism, builds muscle and stimulates the feeling of hunger. One hour of aerobic activity three times a week or 30 minutes of aerobic activity everyday is a good way to keep your body in shape. Choose activities that you enjoy to make working out fun. Activities like dancing, swimming, hiking and tennis are fun ways to exercise. Get plenty of sleep each night. During sleep your body regenerates and heals. The optimal amount of sleep is different for each person. If you are getting enough sleep, you should wake feeling well rested. If you are tired throughout the day, you may not be getting enough sleep. Sleep is especially important for people who have HIV because the immune system is working in overdrive to fight the virus. Reduce stress in your life. Stress is hard on the body and the mind. People with HIV may feel stressed dealing with the effects of their illness, medications or social stigmas. Confiding in a trusted friend or therapist can help you deal with HIV-related stress. Some stress-reduction techniques are: Taking time each day to participate in activities you enjoy, getting a massage, spending time with friends, listening to classical music and taking long, deep breaths. If you cannot seem to reduce stress, see a psychologist to learn calming techniques. Tip For the best treatment, find a doctor who specializes in treating HIV. Warnings Always ask your doctor before beginning an exercise program.

Chapter 2 : The 10 Secrets of Happy Couples

Stay physically active. Fact: exercise can help you live longer and stay www.nxgvision.com if it's just minutes each day, a little goes a long way. And here's another reason to stay motivated: a study published in the June issue of the Journal of Labor Research found that people who exercise on a regular basis make 9 percent more in salary than their sedentary counterparts.

Street drugs can be diluted with substances that are harmful for you. People often put themselves in dangerous situations to get street drugs. If you are using street drugs and would like to stop but are having difficulty, talk to your health care provider. For more information about street drugs, their effects, and where to find help, try this web site: Alcohol and Drug Helpline, [http: Practice safe living habits](http://www.211.org) Did you know Accidents and injuries are the fifth leading cause of death in the US among children, they are the second leading cause of death. Women under 35 are more likely to die in motor vehicle accidents than from any other cause. Accidents in the home cause thousands of permanent injuries every year. Here are some steps you can take to stay safe: The most common accidents are fires, falls, and drownings. Help yourself and your family to stay safe by installing smoke detectors, have your vision checked learning to swim. For more information, try this Web site: Wearing a seatbelt dramatically reduces your chances of death in an accident. Keep children under 60 pounds in an appropriate car seat or booster. Do not ride with someone who has been drinking or drugging. Wear a helmet when riding a bicycle or motorcycle. Find more information about highway safety at National Highway Traffic Safety Administration, Find protection from people who are violent or threatening in your life. Wash your hands regularly to avoid the spread of germs. Get regular health care. Many people think they only need to see a doctor when they are sick or injured. The truth is, health care providers are also experts at preventing illnesses and finding and treating problems before you ever feel sick. Find a health care provider who works WITH you. Know what diseases you are at risk for and attend regular screenings for them. Get yourself and the children in your family immunized against life-threatening illnesses. Find more information about immunizations at the Center for Disease Control Web site at [http: Click on any of them to find out more.](http://www.cdc.gov)

Chapter 3 : Leading a Healthy Life: Six Steps to Living Long and Staying Healthy

There are many uncertainties in life, and no one can predict how long they will live. However, taking good care of yourself can help to increase your chances of living a long life. Take good care of your physical and psychological health by living a healthy lifestyle, following a healthy diet, and.

Make these tweaks for better health. While living with a chronic disease may feel like a heavy burden, there are plenty of tricks you can do to get in control of your health and feel better. Make these lifestyle tweaks to help alleviate symptoms of hep C and put yourself on the right path toward a long, happy, healthy life. There are several other health issues that can come along with hep C, possibly making your symptoms worse. Test results came back negative? Talk to your healthcare provider about how you can stay healthy and prevent contracting these other conditions. You can join a local support group to meet other people with hep C and talk about the physical and emotional difficulties you face. Mental health is key to total wellness, so tackling emotional issues can help you stay healthy, despite physical troubles. Studies show that coffee can protect your liver from major threats, such as liver disease, fibrosis, cirrhosis and cancer. To get the most health benefits coffee has to offer, drink it black. Sugar and other additives may increase the risk of weight gain and diabetes—two issues you definitely want to avoid with hep C. But be careful—these "natural" helpers can be dangerous if not used properly. Together, you can determine the best treatment plan for your personal health. While one drink may seem harmless, the damage it can do to your already-in-danger liver is not worth it. Plus, it can prevent you from being cured. In one study, people who drank less or not at all were three times more likely to experience success with hep C treatment than those who drank heavily. There are plenty of tricks you can try to help you drink less: In fact, new hep C meds have cure rates over 90 percent! However, with insurance denial and potentially pricey medications, it can be easy to get lost in the treatment shuffle. Plus, you may have heard horror stories about the side effects of older treatments. You may be able to qualify for financial assistance and coupons from the drug manufacturer and newer hep C meds have fewer, less intense side effects.

Chapter 4 : How to Live a Long Life (with Pictures) - wikiHow

Aim for a long, healthy life by listening to your doctors and wellness practitioners who live their longevity message and teach others how to do the same. The information is there. All you have to do is use it, starting today.

They come in all colors, shapes, sizes and income brackets. Whatever the demographics, when you see a happy couple, you just know it! How do these couples stay in love, in good times and in bad? Develop a realistic view of committed relationships. A deeper, richer relationship, and one that should still include romance, will replace it. A long-term relationship has ups and downs, and expecting it will be all sunny and roses all the time is unrealistic. Work on the relationship. An untended garden develops weeds that can ultimately kill even the heartiest plants. And so it is with relationships. It is important to address problems and misunderstandings immediately. Some people believe good relationships just happen naturally. The truth is that a good relationship, like anything you want to succeed in life, must be worked on and tended to on a regular basis. Neglect the relationship, and it will often go downhill. There is no substitute for shared quality time. Time spent together should be doing a shared activity, not just watching television. It is healthy to have some separate interests and activities and to come back to the relationship refreshed and ready to share your experiences. Missing your partner helps remind you how important he or she is to you. Make the most of your differences. What most attracted you to your partner at the beginning? Take a fresh look at these differences. Try to focus on their positive aspects and find an appreciation for those exact things that make the two of you different from one another. If both you and your partner stop trying to change each other, you will eliminate the source of most of your arguments. For instance, instead of complaining how your partner never cleans out the dishwasher, try just doing it yourself once in awhile without complaint. Your partner will likely notice your effort and make more of an effort themselves around the house. There may be issues upon which you cannot agree. Rather than expending wasted energy, agree to disagree, and attempt to compromise or to work around the issue. Two people cannot spend years together without having legitimate areas of disagreement. Lack of communication is the number one reason even good relationships fail. And here is a useful format for doing so, especially when dealing with incendiary topics: When he or she is finished, summarize what you heard him or her say. This will take your partner off of the defensive, and make it easier for them to hear your thoughts and feelings. Better this than to have him or her doubt your honesty. Mistrust is one of the key deal breakers in relationships. And once trust is lost or broken, it can take a very long time to re-establish it in the relationship. The happiest couples are the ones where honesty is as natural and every day as breathing. Treating your sweetheart with respect is likely to get you the same in return. And regularly reminding them how much they mean to you will enrich your relationship in indescribable ways. In fact, your efforts may initially seem like planted seeds that never come up. If you maintain your efforts, however, you will likely reap what you sow. The 10 Secrets of Happy Couples. Retrieved on November 12, , from <https://>

Chapter 5 : How to Improve Your Atrial Fibrillation Prognosis | Everyday Health

The editors at AARP have filtered through numerous medical journals and studies to identify the best actions you can take to achieve a longer, fuller life. We know there are no guarantees. But genetics account for just 25 percent of a person's longevity. The rest is up to you. With this collection.

A few cups of java a day might keep the doctor away. Say yes to that extra cup Coffee does more than help you wake up; it also reduces your risk of stroke, diabetes and some cancers. Mind you, a cup is 8 ounces, so your ounce Starbucks grande is really two cups by that measure. Live like the Amish A University of Maryland study found that Amish men live longer than typical Caucasian men in the United States, and both Amish men and women have lower rates of hospitalization. What are the Amish ways? Lots of physical activity, less smoking and drinking, and a supportive social structure involving family and community. The study, published in JAMA Internal Medicine, found that mortality rates were lowest overall for pesco-vegetarians those who eat fish occasionally , followed by vegans those who eat no animal products , and lacto-ovo vegetarians those who eat dairy and eggs. Eat like the Greeks The Mediterranean diet, with its reliance on fruits, vegetables, olive oil, fish and nuts, is one of the healthiest diets for both overall health and longevity. Harvard researchers, reporting in the BMJ in , found that those who followed the diet most closely had longer telomeres, which cap the end of each strand of DNA and protect chromosomes from damage. Even those who only sporadically followed the diet reaped longevity benefits, researchers found. Nick Ferrari Cutting your portions helps you cut calories, which aids in weight loss and more. Eat less If you want to reach , put down the fork, says Dan Buettner, who studies longevity hot spots around the world, such as Okinawa, Japan. Buettner found that the oldest Okinawans stop eating when they feel 80 percent full. A National Institutes of Health-funded study similarly found that cutting back calories reduced blood pressure, cholesterol and insulin resistance. Pour red wine into a white-wine glass, which is narrower. Save your pennies Money might not make you happier, but it will help you live longer. A study by Stanford researchers published in JAMA found that people whose income bracket was in the top 1 percent lived nearly 15 years longer than those in the bottom 1 percent. The disparity could be attributed to healthier behaviors in higher-income groups, including less smoking and lower obesity rates, researchers say. Nevada, Indiana and Oklahoma have the lowest life expectancy less than 78 years. Getty Images Owning a dog can help lower stress and boost physical activity. Get a friend with four legs A few studies on the link between pet ownership and health have found that owning a pet can reduce anxiety, lower blood pressure, even improve the odds of surviving a heart attack. Now the American Heart Association has weighed in with a report published in the journal Circulation that recommends owning a dog, in particular, for those seeking to reduce their risk of deadly heart disease. Dog owners are more likely to be physically active and are also less vulnerable to the effects of stress, the report says. Find your purpose Do you wake up looking forward to something? In a study published in the Lancet, researchers found that those with the highest sense of purpose were 30 percent less likely to die during the 8. Embrace your faith Attending religious services once a week has been shown to add between four and 14 years to life expectancy, according to researchers who study blue zones. Ask to join a friend at her services, or just drop in at a nearby house of worship; most have an open-door policy. Even seemingly healthy foods “ like sprouts, cantaloupe, berries and raw tuna ” can make you sick or even kill you, says the FDA. Keep your kitchen pristine, wash your hands and utensils before and after handling food, separate raw and cooked foods, refrigerate perishable food promptly, and cook food to a safe temperature to kill deadly bacteria. Consider mountain life People residing at higher altitudes tend to live longer, a study by the University of Colorado and the Harvard School of Global Health revealed. Of the 20 healthiest counties in America, many are in Colorado and Utah. Researchers think lower oxygen levels might cause your body to adapt in ways that strengthen your heart and circulation. Nick Ferrari Eating a handful of nuts five times per week can lower your mortality risk from certain diseases. Go nuts In a European study of adults ages 55 to 69, those who ate 10 grams of nuts daily “ 8 almonds or 6 cashews ” reduced their risk of death from any health-related cause by 23 percent. As for specific ailments, consuming a handful of nuts at least five times per week lowers the

mortality risk for heart disease by 29 percent , respiratory disease 24 percent and cancer 11 percent , according to a previous U. Sorry, peanut butter fans: Keep watching LOL cat videos Laughter really is the best medicine, helping to reduce stress, boost the immune system, reduce pain and improve blood flow to the brain. In fact, laughter has the same effect on blood vessels as exercise, report researchers from the University of Maryland School of Medicine in Baltimore. Get social Studies show that loneliness increases the risk of early death by 45 percent. It weakens the immune system and raises blood pressure while increasing the risk for heart attacks and stroke. By contrast, people with strong ties to friends and family have as much as a 50 percent lower risk of dying, according to a study in PLOS Medicine. So visit a friend. Watch your grandkids While babysitting every day is stressful, regularly watching the grands can lower your risk of dying by a third, according to a study published in Evolution and Human Behavior. That adds up to an extra five years of life, researchers say. They speculate that caregiving gives grandparents a sense of purpose, and keeps them mentally and physically active. Try to stay out of the hospital A Johns Hopkins University study found that some , patients die each year in hospitals from medical mistakes, such as misdiagnoses, poor practices and conditions, and drug errors. Sometimes the best way to avoid a grave condition is not to enter the system at all.

Chapter 6 : How to Live Healthy With HIV | Healthfully

A basket of kittens research suggests happy people are healthy people. But rather than bombard you with a list of complex studies, let this infographic from Happify paint an easier-to-read picture.

Pink Sherbet Purge negativity from yourself. Sometimes people eat when they are unhappy, so by staying positive, you remove an unhealthy dependency on food. Trigger foods make you go berserk and binge after you eat them. These foods cause a blood sugar imbalance, hence triggering one to eat more. What are your trigger foods? Identify them and remove them from your diet. Oxygen is vital for life. You may know how to breathe, but are you breathing properly? Athletes are coached proper breathing techniques to get their best performance. Breathe to Heal [Video] Image: Emotional eating is eating to fill an emotion rather than real hunger. Do you eat when you feel stressed out, down or frustrated? Do you reach out for food when you hit a block at work? How can you address it? Get to the root of the issue and address it. How to Stop Emotional Eating series Eat small meals. Choose several small meals over huge meals. This evens out your energy distribution. Listen to your body and what it tells you. Positive health starts from within! Are you living a life of meaning? Are you living in line with your purpose? And you can experience that too. Discover Your Purpose in Life series Cut down on deep-fried food. Deep-fried food contains acrylamide, a potential cancer-causing chemical. According to a BBC report, an ordinary bag of crisps may contain up to times more of the substance than the top level allowed in drinking water by the World Health Organisation WHO! When I consume oily foods, I feel sluggish. Go for food prepared using healthier methods instead, such as grilled, steamed, stir-fried, or even raw food. Reduce your intake of fast food, fries, doughnuts, chips, wedges, and deep-fried food. These are your candy bars, pastries, chocolate, cookies, cakes, and jelly donuts. Not only do they not fill you, but they trigger you to eat more due to the sugar rush. Eating once in a while is okay, but not daily. Go for healthy snacks instead. Soda and sugary drinks. Soda is unhealthy, causes weight gain, and is an artificial stimulant. Like caffeine, alcohol is a diuretic. Eating food with high GI creates sugar spikes and will lead to diabetes in the long run. Glycemic load is calculated by multiplying GI by the amount of carbs consumed, divided by A glycemic load of 10 or below is considered low; 20 or above is considered high. For example, watermelon has a high GI of But a serving of watermelon has so little carbs 6 grams that its glycemic load is only 5. Eating a food with a low GI but in large quantity is similarly unhealthy. Macaroni has a GI of 50 but the usual serving of grams will lead to a glycemic load of You can lower the glycemic load of a food by pairing it with fat and protein. Organic foods are foods produced without synthetic inputs such as pesticides and chemical fertilizers, do not contain genetically modified organisms, and are not processed using irradiation, industrial solvents, or chemical food additives. Wiki The organic movement is slowly catching on, with more supermarkets offering organic options. Organic food tends to cost more, but hey “would you rather save some money and feed your body with pesticides or pay a few extra dollars for a cleaner, healthier body? Whenever I can, I try to prepare my meals. When you prepare your meals, you control what goes into them, rather than choosing between sub-optimal choices in a restaurant. Get quality kitchen equipment “it will be your best investment ever. Having a small oven makes baking and heating food so easy. Igor Srdanovic Learn to say no. How to Say No Bring a water bottle when you go out. That way, you can drink whenever you want. Eat what you need. It is better to eat less and in line with your energy needs, rather than eat excessively and work off excess calorie intake through exercise. When you eat excessively, you strain your digestive system by making it digest more food than you need, and when you exercise excessively, you strain your body. Smoking is detrimental to health, severely increases the risk of lung cancer, kidney cancer, esophageal cancer of our gullet, heart attack, and more. Curtis Perry Avoid passive smoking. Second-hand smoking breathing in air from smokers causes many of the same long-term diseases as direct smoking Wiki. According to the CDC Centers for Disease Control and Prevention, there is no risk-free level of passive smoking; even brief exposure can be harmful to health. Get away from smokers and avoid cigarette smoke where you can. Juicing is where you extract the juice using a juicing machine, removing the fiber. Go for routine checkups. More elaborate tests like mammograms for women, PAP smear for women, colonoscopy,

etc. If the test results are not optimal, it means that you can quickly take corrective action. Advertisement Enrich your diet. Common nutrient deficiencies are iron, iodine, vitamin B12, calcium, and magnesium. Prebiotics are important for gut bacteria to flourish – think of them as fertilizer for our microbiome. Research increasingly shows a link between gut flora and overall health. When it comes to taking a prebiotic supplement vs. In addition to prebiotics, take fermented food, which is a great source of probiotics good gut bacteria. Fermented foods include sauerkraut, kefir, kimchi, kombucha, pickles, tempeh, and kombucha. Instead of commercial brands of fermented food, get wild fermented food. Consuming commercially fermented food or probiotic capsules which contain only between three and at most forty species on a long-term basis affects the diversity of your gut flora and risks creating a monoculture. On the other hand, wildy fermented food not created in a lab, but at home or in your garden , has the potential to give you thousands of species of bacteria. Read this article by Dr. Zach Bush, a triple-board certified physician: The best way to know what works for you is to experiment. Rather than subscribe yourself to one diet, try different foods and see how your body responds. Most importantly – research and tweak your diet based on what you learn. I enjoy reading health journals as I can read the information directly from the source vs. Get out more often. If you have a job, chances are you spend much of your time holed up in the office and not a lot of time going out and having fun. Make a point to go out with your friends at least once a week. Dance classes, aerobics classes, tennis classes, ballroom dancing, scuba diving, and wakeboarding courses are all places to start. Going there also lets you socialize with a new group of people. Hang out with healthy people. Dine with people who are health conscious and get workout buddies. It makes healthy living more fun! These are timeless tips, so bookmark this article and integrate these tips into your life. Share these tips with your family and friends to help them stay healthy. Be sure to check out my Day Healthy Living Challenge: Healthy Living Challenge Overview Get the manifesto version of this article: I respect your privacy. Unsubscribe whenever you want. Read my Privacy Policy. You May Also Like.

Chapter 7 : How to live a long life, according to science

If you'd prefer to stay anonymous or can't find a group near you, you can find help through online groups. Mental health is key to total wellness, so tackling emotional issues can help you stay healthy, despite physical troubles.

Many people, however, tend to lose focus of their goals, and the promises made on the first of the year are soon forgotten. To be happy and healthy does not require a lot of money or time – just a little desire and motivation.

Be More Social

1. **Reach Out and Touch Someone** – Literally Being in physical contact with someone you care about is an automatic stress reliever. Hugs and holding hands with the people you care about are therapeutic for the both of you. You can also gain immune system benefits from a professional massage.

Be Giving Find ways, even if they are small, to give to others. Stop to talk with someone and lend an ear, offer to assist a friend in need, or volunteer at a local charity. You will begin to view your own problems with a new perspective, and you will feel better about yourself by realizing that you can make a difference in the lives of others.

Nourish a Network of Friends Just like a loving relationship, friendship takes nurturing. Neglect a friendship and you will lose a friend. Try to see your friends on a regular basis as it fits your schedule. If you are single or a couple, you might like a weekly get-together to watch football or a favorite TV show, while people with families might prefer a monthly dinner club.

Do Something Different

4. **Get Out of Your Weekend Rut** Weekend activities are like mini-vacations, and they are important to recharge your mind and body. They do not need to be expensive to be effective. The important thing is to do something new and have a change of scene: A hike at a nearby park with family or friends is a great way to get some exercise, fresh air, and social interaction.

Explore Your Spirituality Would you call yourself spiritual? Going to church or temple, for example, is a way to increase the social interactions in your life. It provides many affordable activities for families, and serves as a network for support and assistance in a crisis. It can also be a good place to make contacts when you are looking for a job.

Enliven Traditions Family traditions build a feeling of solidarity with your extended family, which creates a feeling of security that can help see you through difficult times. Feeling that you are not alone is a huge confidence booster. Holidays offer many opportunities to continue family traditions and to start some of your own.

Move More Sitting all day is unhealthy for both the mind and the body. Get up and walk around every waking hour for at least a couple of minutes, and take a walk everyday during your lunch hour. You can also start a walking group with friends or coworkers, or try some sports that you might enjoy. Sign up for an exercise class or start your own. Try Tai Chi, or explore YouTube to create your own home workout plan. When you elevate your fitness level, add jogging to your walking routine.

Declutter your bedroom for a more comfortable, relaxing place to sleep, and clean your desk or bill paying area for better financial peace of mind. Declutter your closet and your dresser drawers to make the mornings easier. There are plenty of places in your house or office that you can tidy up. Set aside 15 minutes a day for decluttering, and remember, the most difficult step is getting started. Getting enough sleep will enable you to do your best work and help you handle daily challenges. If you sleep for less than seven hours per night it can greatly affect your health, even if you are just a little sleep-deprived.

Monitor Your Caffeine Intake If you have difficulty sleeping, caffeine could be the culprit. Try cutting back on caffeinated drinks, and limit yourself to drinking them early in the day. You need to clear your mind, so watch television or read a book or magazine to wind down. Some people think a shower wakes you up, so consider switching your shower to the morning and take a relaxing bath instead.

Avoid Trans Fats Research cited by Consumer Reports shows that eating foods containing trans fats can make you feel depressed. Trans fats are used in many processed foods, but you have to read the food labels to be sure. Many brands of margarine are now trans fat-free, and prominently display this information on the label. However, many baked goods and even cake mixes contain trans fats. Also, try your hand at baking from scratch, not using mixes.

Spend Time With Nature Pay attention to the sounds, sights, and smells. Find five things that are unusual enough to tell someone about, and take photos or videos. Even if you are in the city, take the time to look up and notice how the sky looks that day.

Dig in the Dirt Get your hands dirty. This strange effect comes from M. They can trigger the brain to produce more serotonin, a neurotransmitter which can help improve mood. When people tell you they are

never happier than when they are digging in the dirt, they are telling you the truth. So put the gardening gloves away and start moving dirt around. **Get Some Sun** Many people have seasonal affective disorder SAD , as they become depressed during months with little sunshine. Go outside for at least 15 minutes; on a cold day you can walk briskly and at least get some sun on your face. The sun helps your body produce vitamin D, which many people have a deficiency of. **Have a party and get a little wacky.** **Go Play Play** with your family and friends. Have a watergun fight, run a race for fun, blow bubbles, throw a Frisbee, go sledding, skip rope, or make mud pies. Have a family game night and play board games that make you laugh, or play tug-of-war with the dog. Whatever it is that makes you smile spontaneously, do it. Start with the items on this list that appeal the most to you, and work some of the others into your life a little at a time. What kinds of things make you happy?

Chapter 8 : How to Stay Happy, Healthy and Stress-Free

Live healthy, live longer Fortunately, you can do something to correct these and other unhealthy behaviors. Adopt the following nine habits to keep your body looking and feeling young.

Happiness is a broad term that describes the experience of positive emotions, such as joy, contentment and satisfaction. This article explores the ways in which being happy may make you healthier. Share on Pinterest

Being happy promotes a range of lifestyle habits that are important for overall health. Happy people tend to eat healthier diets, with higher intakes of fruits, vegetables and whole grains 1 , 2. Diets rich in fruits and vegetables have consistently been associated with a range of health benefits, including lower risks of diabetes, stroke and heart disease 4 , 5 , 6. Regular physical activity helps build strong bones, increase energy levels, decrease body fat and lower blood pressure 7 , 8 , 9. That said, a review of 44 studies concluded that, while there appears to be a link between positive well-being and sleep outcomes, further research from well-designed studies is needed to confirm the association. Being happy may help promote a healthy lifestyle. Studies show that happier people are more likely to eat healthier diets and engage in physical activity. A healthy immune system is important for overall health. Research has shown that being happier may help keep your immune system strong. This may help reduce your risk of developing colds and chest infections. One study in over healthy people looked at the risk of developing a cold after individuals were given a common cold virus via nasal drops. The least happy people were almost three times as likely to develop the common cold compared to their happier counterparts. In another study, researchers gave 81 university students a vaccine against hepatitis B, a virus that attacks the liver. Happier students were nearly twice as likely to have a high antibody response, a sign of a strong immune system. The effects of happiness on the immune system are not completely understood. It may be due to the impact of happiness on the activity of the hypothalamic-pituitary-adrenal HPA axis, which regulates your immune system, hormones, digestion and stress levels 18 , These include healthy eating habits and regular physical activity. Being happy may help keep your immune system strong, which might help you fight off the common cold and chest infections. Being happy may help reduce stress levels 20 , Normally, excess stress causes an increase in levels of cortisol , a hormone that contributes to many of the harmful effects of stress, including disturbed sleep, weight gain, type 2 diabetes and high blood pressure. A number of studies demonstrate that cortisol levels tend to be lower when people are happier 22 , 23 , These effects appeared to persist over time. Stress increases levels of the hormone cortisol, which can cause weight gain, disturbed sleep and high blood pressure. Happy people tend to produce lower levels of cortisol in response to stressful situations. May Protect Your Heart Happiness may protect the heart by reducing blood pressure , a major risk factor for heart disease 27 , Happiness may also reduce the risk of heart disease, the biggest cause of death worldwide. One long-term of 1, adults found that happiness helped protect against heart disease. It appears that happiness may also help protect people who already have heart disease. It is important to note that some of these effects may have been due to an increase in heart-healthy behaviors such as physical activity, avoiding smoking and healthy eating habits 1 , 2 , 10 , That said, not all studies have found associations between happiness and heart disease. In fact, a recent study that looked at nearly 1, individuals over a year period found no association between positive well-being and the risk of heart disease. Further high-quality, well-designed research is needed in this area. Being happier can help lower blood pressure, which may decrease the risk of heart disease. However, more research is required. A long-term study published in looked at the effect of happiness on survival rates in 32, people. A large review of 70 studies looked at the association between positive well-being and longevity in both healthy people and those with a pre-existing health condition, such as heart or kidney disease. How happiness may lead to greater life expectancy is not well understood. It may be partly explained by an increase in beneficial behaviors that prolong survival, such as not smoking, engaging in physical activity, medication compliance, and good sleep habits and practices 10 , Happier people live longer. This may be because they engage in more health-promoting behaviors, such as exercise. May Help Reduce Pain Arthritis is a common condition that involves inflammation and degeneration of the joints. It causes painful and stiff joints, and generally worsens

with age. A number of studies have found that higher positive well-being may reduce the pain and stiffness associated with the condition 42 , 43 , Being happy may also improve physical functioning in people with arthritis. One study in over 1, people with painful arthritis of the knee found that happier individuals walked an extra steps each day 8. Happiness may also help reduce pain in other conditions. Researchers have suggested that happy people may have lower pain ratings because their positive emotions help broaden their perspective, encouraging new thoughts and ideas. They believe this may help people build effective coping strategies that reduce their perception of pain Being happy may reduce the perception of pain. It appears to be particularly effective in chronic pain conditions such as arthritis. While these early findings are promising, they need to be backed up by further research to confirm the associations. Frailty is a condition characterized by a lack of strength and balance. May protect against stroke: A stroke occurs when there is a disturbance in blood flow to the brain. Being happy may have some other potential benefits, including reducing the risk of frailty and stroke. However, further research is required to confirm this. Here are six scientifically proven ways to become happier. You can increase your happiness by focusing on the things you are grateful for. One way to practice gratitude is to write down three things you are grateful for at the end of each day Aerobic exercise, also known as cardio, is the most effective type of exercise for increasing happiness. Lack of sleep can have a negative effect on your happiness. Head outside for a walk in the park, or get your hands dirty in the garden. It takes as little as five minutes of outdoor exercise to significantly improve your mood Regular meditation can increase happiness and also provide a host of other benefits, including reducing stress and improving sleep Eat a healthier diet: Studies show that the more fruits and vegetables you eat, the happier you will be. There are a number of ways to increase your happiness. Getting active, expressing gratitude and eating fruits and vegetables are all great ways to help improve your mood. The Bottom Line Scientific evidence suggests that being happy may have major benefits for your health. For starters, being happy promotes a healthy lifestyle. It may also help combat stress, boost your immune system, protect your heart and reduce pain. Focusing on the things that make you happy will not only improve your life 8 it may help extend it too.

Chapter 9 : Healthy Lifestyle and Happiness | HowStuffWorks

You're the average of the 5 people you spend the most time with, so the more time you spend around healthy people, the better it is. Dine with people who are health conscious and get workout buddies.

Life does not have to be stressful always; there are ways in which you can have a lot of balance between creating and maintaining a happy and stress-free experience. This article is straightforward and encompasses various tips that may seem hard initially, but are often simple in the long run. We get so impatient at times that we often miss important details on the way. Learning to slow down enables you to appreciate the little things that life has to offer. This brings out feelings of gratitude from you and that in itself can heal you of stress and make you happy. Be A Good Vessel Fitness is often misconstrued. Most people envisage fitness as running or hiking, sometimes weightlifting. External competence comes from regular or incidental exercising. You could play a sport or climb the stairs; do you. Internal fitness refers to whatever you ingest. Taking in more water as compared to sodas is beneficial to your system. Also, cooking for yourself as opposed to continually eating out is another way to be internally fit. Detoxing can be from several things; from certain foods, from your phone and even from negative people. Detoxes are incredibly beneficial, especially for people with a history of substance abuse, for example, opioid abuse. A food detox program is a natural cleaning process that causes your organs to reset, improving your blood circulation and ultimately removing toxins from your body. There are times for being on your phone and times for face to face interactions; learn the difference to avoid being rude and distracted. Quality Bedtime Sleep has a lot of positive health benefits, and thus you must ensure you get enough of it every day. The most straightforward call to action is to give yourself a set bedtime and try sticking to it. If you do suffer from insomnia some tricks to help you sleep can be found in this article. Self-curiosity should be an intentional and regular act as it leads to self-acceptance and proper self-care, which in turn will have you living the best version of your life possible.