BECOMING A

Healthier

PERSON

LEARN KNOWN TACTICS TO BECOMING A HEALTHIER PERSON

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How to Start Healthy Eating

If you currently do not eat a healthy diet, it can be difficult to start such a plan. However, healthy eating is important for maintaining bodily function and living a disease-free life. If you struggle with healthy eating, then you know that breaking unhealthy habits can be the most difficult part of the process.

However, if you truly want to live the best lifestyle possible, it is important to follow tips in order to start eating a healthier diet.

A good beginning step when you want to start eating more healthily is to rid you home of all founds that do not into healthy categories. Keep junk foods and beverages out of your house so that you will not be tempted to snack during the day.

If you're worried about getting hungry, keep healthy snacks like carrot sticks, yogurt, fresh fruit, or whole-wheat crackers on hand. If you find that you just cannot bear to toss out the sweets, try keeping something tiny on hand, like chocolate chips. Eating a few of these won't ruin your diet but also will give you that little sugary fix you rave.

Another great step to healthy eating when you are first starting the process is to take a few moments to learn about what foods are the healthiest for you and how they work in the body. Most people understand that fruits, vegetables, and low-fat means and dairy products are good for you, but few people understand why. The key is learning about nutrients. When you understand how specific nutrients work in the body, you will be more likely to make these healthy choices for your body. Knowledge really is power!

When cleansing yourself to prepare for a new healthy diet, you should also take into consideration your schedule for meals. If you often eat in a rushed hurry at odd times of day, you probably are not getting the best foods possible. Plan ahead! Instead of grabbing a fast food lunch on the go, take a bagged lunch to work, complete with a healthy wrap and some fresh vegetables. Plan ahead for healthy meals in the evening as well by cooking ahead if you are not currently getting

healthy dinners and have little time to cook when you get home every night.

Start with baby steps. Even if you only replace one soda a day with a glass of water, you are really improving your calorie intake. If you eat fast food every day for lunch, try replacing that even half of the time. When you start by taking small steps, it does not seem like you are cutting out all of the foods you love and you can take your time to learn about healthy foods which you can love equally as well.

Is Organic Worth It?

When you head to the grocery store, shopping for products like eggs, meat, fish, milk, and produce can be very tricky. Signs are posted everywhere labeling food as natural, organic, and a number of other things—but what's the difference, really? Learning what specific names mean can help you decide if you should shell out extra money on a product of it is simply a marketing ploy.

Natural is a turn associated with a number of fruit and vegetable product. Typically, this is simple a marketing ploy to convince you to buy the product. After all, all fruits and vegetables are natural, right? Unless it's a new kind of food that has been developed and processed, the product is natural. What you really probably want is organic. Organic foods are grown without chemical pesticides and fertilizers. There are two main benefits to organic foods.

First, you are helping the environment because those chemicals are not being introduced into nature. Secondly, you are avoiding ingesting chemicals and are therefore healthy more healthy foods. However, organic products are usually more expensive. If you're on a budget, skip over organic fruits and vegetables that you can peel, like oranges and bananas.

After all, once you've discarded the peel, you've also discarded the chemicals. Instead, opt for organic items like apples, where you eat the peel. No matter what you buy, however, make sure that you rinse off the food when you get home.

Another tricky label you will see is "no hormones." This is usually in regards to milk or meat products and is false, since all animals naturally produce hormones. Hormones are what helps an animal (even a human) regulate body organs, have young, and otherwise function. All meat products have hormones.

What the labels really mean is that no hormones were unnaturally given to the animal, which is sometimes done to increase milk production. Regardless of hormones, however, the milk and meat is safe for a person and not a violation of an animal's rights.

Lastly, a label on eggs and meat can indicate if the animal was caged or penned. This does not make a difference in the quality or nutritional value of the meat, but is simply a matter of animal rights. These products may be a bit more expensive, but if you want to make human decisions, that is the way to go.

Reading the label and making healthy choices can sometimes be difficult, but learning how to do so can help you make the best choices for you diet.

Just Say No: Healthy Eating and Peer Pressure

If you are on a diet or simply enjoying a healthy lifestyle, then you probably know that peer pressure to eat foods that are not good for you is a major part of your life. If you are worried about the food that goes into your mouth, don't worry—there are ways to overcome peer pressure. It simply takes a little know-how to get people off your back!

Parties are a major source of peer pressure, especially with alcohol. However, remember that alcohol contains hundreds of empties calories in just one drink. When you go to a part, people might be pressuring you to have a drink and relax, and it can be difficult to say no when they are constantly trying to convince you. Instead, offer to drive to a bar instead. This way, you re the designated driver, so people won't

want you to drink and, in fact, they will probably be purchasing your waters and maybe even helping to pay for your gas. It's a win-win situation for everyone.

Another time when you may feel pressured to eat is at work when the boss orders lunch for everyone at a meeting or when you have to visit a client. Instead of giving in to temptation, simply politely decline the food by letting your boss know in advance or order a meal that is healthy and split the portion in half so you have a meal for tomorrow's lunch as well.

Baby showers, weddings, birthday parties, and other special events can also wreak havoc on your diet, even if you are good at resisting temptation on your own. When someone hands you a piece of cake and won't take no for an answer, it can be difficult to know what to say! Here, little white lies might be appropriate.

For instance, saying that your stomach was upset earlier in the day will convince a person that you don't want to eat at the moment or pretending to have a chocolate allergy will get people to allow you to enjoy the party without a hassle surrounding food.

Remember, however, that while refusing bad foods is fine, you should be eating good foods. If you do not, dangerous eating habits and disorders can develop, which will give you, your friends, and your doctor a real reason to worry. It's ok to say no to peer pressure, but don't say no to food in general!

Healthy Eating at a Restaurant: Is it Possible?

If you and your family love to eat at restaurants, you may think that this lifestyle is not good for a healthy diet. In many cases, you would be correct. However, you can still enjoy restaurants occasionally and maintain your healthy diet. Its all about making good food choices, which starts with learning about the nutrition you need to stay happy, physically healthy, mentally stable, and active.

When you pick up the menu, start by skipping over the drink section. Although you may be tempted to enjoy a beer or mixed beverage with your dinner, these usually have many empty calories, which is not good for your body. The exception to this rule when it comes to alcohol is wine, especially red wine, which can be fine if you have a single glass and can actually help prevent heart disease for some patients.

Also skip over the appetizer menu, unless it's to over a side salad. The appetizers at restaurants are usually high-fat foods that are not meant to fill you up and can in fact make you crave even more high fat foods. Examples of these are mozzarella sticks, potato skins, and wings. Instead, simply focus on your main course or, if you must indulge, share a single serving with the entire table of people.

When choosing your main dish, it is of course important that you look at the ingredients of the dish. Anything with cream sauces or high-fat meats should be avoided, and pass up the potatoes or onion rings. Instead over side dishes like vegetables or ask for jus the main course when possible.
Remember too that portion is everything. Order off of the lunch menu whenever you can, and ask for a doggie bag right away. Split your meal in half from the start so that you are not tempted to eat the entire thing, which is usually enough for two or three portions.

At the end of your meal, stick over the desert menu, just like you did with the appetizers. Again, you can share a single desert with the entire table if you feel compelled to order something, or split your portion in half. Many fancy desserts are restaurants have more calories than your entire meal, so keep this in mind before you flag down the

waitress to put in an order! Of course, on special occasions, it's alright to cheat a little, but overall healthy eating requires lots of resisting temptation around you.

A Healthy Diet while Traveling

Sticking to a healthy diet while traveling can be one of the most difficult things to do in your life. However, if you learn how to make smart choices, a healthy diet is really not that difficult.

This is probably not the best time in which to start a healthy diet, but if you are currently making healthy choices in your foods already, modifying your diet slightly to accommodate travel is not as it first may seem.

If you are traveling my airplane, a healthy diet may have to include airplane food, which can often be poor for your healthy, depending on the selection. When you book your flight, ask about your food options ask if a vegetarian dish is available.

Vegetarian dishes are sometimes more nutritional in this case, but it really depends on what they will be serving. If you can, eat a larger meal before your flight so that you don't have to eat the entire meal that is served to feel full.

When driving or taking a bus, you may be tempted to stop at fast food restaurants and eat the foods found there. Avoid this whenever possible! If you're on vacation, you may wish to splurge a tiny bit, but having fast food more than one during a week can really be bad for your health. If you must, choose the healthiest options available, like chicken breasts and diet soda.

Also, remember that you can take your own food when traveling. Carrying a loaf of whole-wheat bread or pita wraps, some lean lunchmeat, and low-fat cheese in a cooler is a great way to avoid high-fat and high-cholesterol junk food meals. These are much better

choices and you'll save a lot of money as well. Call ahead to ask if there will be a refrigerator in your hotel room.

Lastly, make smart choices when you eat out. If you choose salads or pasta get the dressing on the side and ask about low-carb options. In fact, many places print these dieting options directly in the menu for the health-conscious people. Control your portions by ordering lunch menu sizes or splitting the meal in have and getting a doggie bag, and you'll be well on your way to healthy eating, even away from home.

Yes, eating healthy foods when you travel can be a challenge. However, your health is worth it. When you eat good foods, you will also fight illnesses that you are likely to encounter when traveling and be more alert so that you can enjoy your trip.

Why Should I Lift Weights?

Whether you call it weightlifting, pumping iron, or bodybuilding - lifting weights both light and heavy has long been a great way to get in shape and stay in shape. Weightlifting or weight training has many health benefits for both men and women.

There are weightlifting and weight-training routines appropriate for men, woman, even children of any age, any size, and any body type. If you want to build muscle mass, increase stamina, improve cardiac function, even stave off the symptoms of osteoporosis - you can accomplish all of that and so much more by adding a good weight training routine to your regular workout.

To get the most health benefit out of lifting weights, you need to combine your weight training with other exercise. If you are not already doing some kind of aerobic or cardio workout every day, you must do this in addition to weight lifting. It is not healthy to just begin to lift weights without a proper warm up.

Of course, before starting any workout routine, check with your doctor. Prior to starting you weight lifting workout you need to "get the blood moving" and your muscles primed for some heavy lifting. Just before hitting the weights do a good ten minutes on a bicycle, take a short jog, or jump rope. Do a few legs and arm stretches as well. The key to successful weight training involves what are called repetitions.

In lifting it is not so important how much you lift, but how many times you can lift the weight. A proper weight lifting routine will be designed to work out all of the major muscle groups of the body, which include: The Shoulders, Neck and Back, Biceps, Triceps, Quadriceps Chest, Abs, Hamstrings, Calves, and of course the Gluteus.

The next question on your mind is likely to be "should I use free weights or machines?" and "how much weight should I work out with?" You can use free weights or machines or maybe a little of both. If you are working out in a gym, of course they will have both and will likely be able to recommend a "circuit" of weight lifting exercises for you. If you intend to lift weights in the home, it all depends on your budget and physical space to determine of you want to buy a "Home Gym"

type resistance trainer such as Bowflex - or a good set of free weights and barbells - or both. Weight machines are great for beginners because they have been designed to work a specific muscle or muscle group, and will insure that you are seated or standing in the right position to target that group when you lift.

Free weights are the traditional barbells and dumbbells that have been around for centuries, and they work great. In fact, some would argue that once you learn how to use them properly you get a better workout than machines because it is only the force of your muscles and your ability to balance the weight that keeps the weight and your muscles moving properly. There is no aid from the machine, so you are effectively using more muscle with free weights.

Lifting weights improves your strength and stamina. Lifting weights builds muscle and confidence, improves cardiovascular health and can actually help prevent other sports injuries. And lifting weights can help you lose extra pounds and keep them off - so what are you "weighting" for come on get pumping!

Weightlifting and Weight Loss

Can I lose weight by lifting weights? It is a good question. And the answer is if that is the intention of your weight lifting regimen - yes. Now of course in the classic story of the "98 pound weakling" who got sand kicked in his face on the beach and then went on to become Charles Atlas – weight lifting lead to increased muscle mass and weight *gain* - and of course even today many people lift weights to "bulk up". But a properly designed weight lifting workout can be used to burn fat, increase metabolism and *lose* weight.

Doctors and fitness experts agree the key to effective weight loss is to raise what is called Resting Metabolism. Resting Metabolism Rate (RMR) is the rate at which your body consumes fuel when at rest. That fuel is better known as calories.

Do you know where the bulk of calories are burned or used in the body – in lean muscle mass. Muscle is active tissue, muscles even at rest burn calories – fat does not. The leaner muscle mass you have the more calories you burn. What is the best way to build lean muscle mass – lifting weights of course! This is why diet alone never leads to

permanent weight loss; diet without exercise does nothing to increase RMR. And even the exercises usually associated with slimming down, like aerobics and other cardio workouts, also do little to raise RMR – that is why fitness gurus all suggest adding weight lifting to any exercise program designed for effective and permanent weight loss.

This is true for men as well as women. Many women fear weight lifting because they are afraid they will get "too bulky" or "too manly". This is simply not so, Mother Nature has seen to that. Most women just do not have enough testosterone (which speeds and enhances muscle growth, actually making it easier for men to raise their RMR, sorry gals) – to develop a "manly physique". Remember we are not talking about a heavy 2 hour a day pumping iron session. As part of a regimen to raise RMR, moderate weight lifting 2 – 3 times a week is all it should take.

Start out with a weight that is comfortable for you and that you can lift in any given exercise 8-12 times or repetitions. If the muscles do not become noticeably fatigued by the 12th time, the weight is too light, gradually increase until the first signs of fatigue come in at around that 12th rep. To build the leanest mass, gradually increase the weight by about 10% each time you can do the 12 reps.

Remember weight lifting is designed to raise RMR and build lean muscle mass as an adjunct to cardio, not as a replacement. They work arm and arm, cardio to burn fat – weight lifting to build muscle mass and increase RMR.

The bottom line is dieting slows metabolism – weight lifting increases it. Dieting plus weight lifting leads to a slimmer healthier you.