

living a healthy life

1. DRINK MORE WATER

2. EXERCISE Here are just a few:

Gardening, swimming, any competitive sport, walking, cycling, (including walking or cycling to commute), rowing, climbing (including stairs), sailing, weight lifting, indoor gym, dance, aerobics etc. etc.

Even if you're in a wheelchair, it really doesn't matter. You can exercise.

3. EAT MORE FRUIT AND VEGETABLES

4. Eat Less Refined Sugar

5. DONT EAT MUCH OIL FOOD

6. DONT DRINK. IF YOU DRINK SEDUCES YOUR INTAKE DAY BY DAY TO GET TO THE POINT THAT YOU DONT TAKE IN AT ALL

7. DONT SMOKE. IF YOU SMOKE SEDUCES YOUR INTAKE DAY BY DAY TO GET TO THE POINT THAT YOU DONT SMOKE AT ALL

8. REDUCE THE INTAKE OF CAFEINE

9. Don't Do Drugs

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