



# NEW YOU

Health • Lifestyle

## **INSIDE:**

- Six tips for successful dieting
- Get an early start for the best workout
- From goals to a lifestyle change
- Six ways to reduce calories in smoothies
- And more!



# Six Tips for Successful Dieting

It might seem overwhelming to take on such a large goal, but you can have the health and body that you desire by making small changes that add up over time. Here are six dos and don'ts that anyone can use to get healthy.

## DON'T: FOLLOW FAD DIETS

Every year there seems to be a new diet. One year everyone is cutting out meat, the next they're eating only meat.

Some of these diets might work for some people, but that doesn't mean that they'll work for you. Anyone can create a diet and share it with the world and get followers.

People are so eager to find that magic diet that helps them shed pounds that they'll try anything. Don't be one of those people who live life according to fad diets.

## DO: INCREASE WATER INTAKE

Most people don't drink nearly as much water as they should. The entire functioning of the human body requires an adequate supply of water, including the digestive system. Drinking water before meals will also help you to eat less because it will make you feel full.

Before you sit down to your meals, drink a glass of water. If you think you're hungry for a snack, drink a glass of water because you might just be thirsty.

## DON'T: FORGET TO MOVE

Improving your eating hab-

its is only one part of creating a better body. You have to move your body as well.

Exercise is important for

building muscle mass, which helps your body to burn off fat. As well as you might eat, you still need to be active. Find a sport or other workout that you enjoy.

Walking is a wonderful activity that you can do almost daily. Take the stairs whenever you can and you'll burn more calories than if you just took the elevator.

## DO: EVERYTHING IN MODERATION

Successful dieting does not mean you should feel like you're missing out on everything delicious and fun. It's important to learn proper portion control.

Instead of eating five pieces of chocolate, eat just one. Instead of gobbling your meal in 10 minutes, take the time to really savor every bite.

This will also aid your digestive system because you will chew your food much better than if you weren't paying attention.

## DON'T: USE THE WORD 'DIETING'

The word dieting usually has negative connotations. Instead of saying that you're dieting, say that you are creating a new, healthy lifestyle. Wording it in a

different way makes it sound much more positive.

Diets are often looked at as temporary and unsuccessful. Healthy lifestyles appear to be, and are, more successful and long-running. Good habits take time to stick, so don't be impatient with yourself if you don't succeed on the first try.

## DO: FIND GOAL BUDDIES

One of the most important parts of succeeding in any goal you set in life is to surround yourself with people who are motivated to achieve similar things.

If your goal is to get fit and healthy, you want to surround yourself with people who are in the process of doing the same or have already succeeded. If you have a group of friends who prefer to eat every time they get together, you might want to hang out with them less often — or trying to change the group's habits. Hopefully as you begin to make progress, they will become inspired by you and begin making changes as well.

It takes time to make new habits and lifestyle changes stick. Don't put too much pressure on yourself to get it right the first time. Things that you want the most are worth working hard for.



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# Get an Early Start

## MORNING WORKOUTS BEGIN YOUR DAY THE RIGHT WAY

**W**hether you're exercising to shed a few extra pounds or just to enhance your level of fitness, an early morning exercise routine may be the best approach to take.

Morning workouts are the perfect training technique for maximizing metabolism levels, keeping yourself fired up physically and mentally throughout your day. Also, the vast majority of individuals who exercise consistently are those who exercise the very first thing each morning.

The chances of reaching your workout goals are much higher if you start your day with exercise. Finding the motivation, though, can be easier said than done.

If you want to get the most from your workout routine, these are some simple tips that will help you have the stamina to add exercise to your morning.

### GET ENOUGH SLEEP

Sleeping properly may be the most important initial step. Quality sleep is as essential as the workout itself.

If you are well rested following a good night's sleep, the body will work far more efficiently both throughout your exercise and during the day. Not enough sleep can mean disaster for your health, overall productiveness and well-being.

Be sure to get lots of sleep throughout the night. To achieve that, you have to be in control of your sleeping schedule. The easiest way to achieve this would be to adjust your internal clock by establishing a sleep rhythm in which you go to sleep and awaken close to the same time each day, even

on the weekends.

Whatever is the most appropriate sleep schedule will vary depending on your work or family needs. No one schedule fits everyone. Nevertheless, you have to learn what works well with your life and also stick to it. As a general rule, the more sleep hours you get before midnight, the greater quality of sleep you will get.



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your workout clothes, athletic shoes, or other gear that is vital to your workout prior to going to sleep for the night.

Doing this will improve your motivation and give you a little additional time for your workout. It also will help keep you focused because you will know exactly what you are doing for your workout the next day.

### START YOUR MORNING WITH WATER

Lack of fluids can cause catastrophe in your training course. Also, the likelihood of dehydration in the morning after hours of sleep is very high. Working out with a dehydrated body leads to problems such as muscle cramps and rapid heart rates, resulting in vertigo, light-headedness or quick exhaustion. Severe dehydration can even result in serious health issues, so drink up.

Ensure you get lots of water the very first thing each morning. Aim for two or more eight-ounce glasses of water when you first wake, and try to have a water bottle close to the bed to keep you hydrated during the night. Make sure you stay well hydrated during your workout and afterward, too.

Early morning workouts are rewarding. If you haven't started a morning workout routine yet, follow the tips above, and soon you will be one of those early joggers or walkers you see out your window every morning.

### PREPARE IN THE EVENING

Nothing kills motivation or productivity like being unprepared. This is true of almost anything in life, including exercise.

Try to prepare for your morning workout the night before. Lay out



# Beyond Setting Goals

## WANT TO CHANGE YOUR LIFE? LOOK AT YOUR HABITS

**M**any people adopt short-term goals for improving their lives, especially at the start of each new year. However, the changes they choose to make are hard to stick with. Soon good intentions fall apart, and people go back to their old ways while feeling disappointed.

The trick to success is to make small changes to your lifestyle and not think of it as a short-term goal.

### LOSE WEIGHT

One of the most popular goals people set is to lose weight. Most decide to adopt a strict exercise regime and follow a painfully restrictive diet in an attempt to achieve their goal. The result can be that they soon lose enthusiasm rather than dropping a dress size.

A better way to shed pounds is to change small but significant behaviors that influence how healthy you are.

For example, choosing to use stairs instead of taking the elevator and walking to work rather than driving can help you lose weight effortlessly.

Likewise, switching to skim milk instead of using full-fat milk and using smaller dinner plates than usual will soon aid weight loss goals.



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Changing your life starts with developing good habits. Getting in the habit of running or walking every day, even short distances, is a good start.



# CONTINUED

## FOCUS ON FINANCES

Another common goal people make is to become wealthier. In order to achieve their aim they increase work hours and steadfastly set aside a hefty chunk of their wages.

While working extra hours can be a good way to boost your paycheck, an easier way to increase your wealth is to cut down on a few luxuries such as takeaway coffee and eating out with friends. You could also shop around before you make purchases and buy certain food products in bulk. These little changes will add up over the year and save you money.

## FIND A ROMANTIC PARTNER

Single people who prefer to be in a relationship often seek to find a partner. They may resolve to frequent parties they wouldn't usually attend and spend a significant amount of time and money joining dating agencies and speed dating. Eventually, a few weeks into their task, they become despondent and depressed, as they don't meet anyone with whom they click.

If you want to find a romantic partner consider socializing in different places than you usually go to now and then. Expand your social circle and join clubs and evening classes where you are likely to meet people with whom you have things in common.

## BECOME ECO FRIENDLY

People who are concerned about saving their environment sometimes set a goal to become greener. They resolve to watch out for every opportunity to improve the world and reduce making a negative impact.

Small lifestyle changes can make a big difference to your environment. For example, did you know that simply by shopping at a farmers market you could boost the local economy and reduce your carbon footprint caused by buying food from abroad? Or that by switching to online billing you can reduce emissions of greenhouse gases and save trees?

Making lifestyle changes rather short-term goals could be the answer to improving your life and reaching goals easily. All you need to do is to adopt small behavioral alterations that you will hardly notice.

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*“Man is a goal-seeking animal. His life only has meaning if he is reaching out and striving for his goals.”*

— Aristotle



PHOTO: GENIOUS2000DE / YAYMICRO.COM

Switching from whole milk to skim milk is one small step that can add up to a big lifestyle change.

# Health Benefits of Seafood

Eating a varied, well-balanced diet is one of the most important things you can do for your health. Seafood can – and should – be part of a healthy diet.

Unfortunately, many people do not consume the recommended amount of seafood per week. While some people may be concerned about mercury or other potential health risks of consuming seafood, many experts believe the health benefits of seafood well outweigh potential risks.

## EXCELLENT SOURCE OF PROTEIN

Protein is an essential component in the body. Not only does protein help fortify every cell in your body, but it's also an important nutrient for building healthy tissue, bones, and muscles. Seafood is an excellent source of protein. Shrimp, for example, contains about 6 grams of protein per ounce.

While many of us do not get the recommended source of protein per day, consuming seafood is an easy and delicious way to increase your protein intake.

## OMEGA-3S

We've all heard the hype surrounding Omega-3 fatty acids, but people who do not consume seafood are missing out on these key nutrients. Omega-3s help promote healthy brain and eye function and

have been shown to lower the risk of heart disease.

Good sources of Omega-3's include salmon, sardines and other oily fish. Plant based Omega-3's, such as those found in supplements, are not known to provide the same health benefits that occur naturally in fish.

## LOW IN SATURATED FAT

Seafood contains very low levels of saturated fat, making it a healthier protein choice than other types of meat. Diets high in saturated fat come with health risks, such as high cholesterol and clogged arteries.

By upping your consumption of seafood while reducing or eliminating high-saturated-fat foods, you are ensuring your body is getting exactly what it needs to thrive.

Compared to other protein sources, seafood has proven itself to be a clear winner as part of a healthy lifestyle. With Omega-3's, excellent levels of protein and low saturated fat, the health benefits of seafood cannot be argued.

If you want to increase your intake of seafood and reap the health benefits for yourself, aim to include some type of fish into your diet at least two times per week.





# Make a Slimmer Smoothie

## SIX WAYS TO REDUCE CALORIES IN FRUIT DRINKS

**M**any people love to boost their intake of nutritious fruits and veggies by consuming them in the form of smoothies. But you don't have to stop there.

If you want to maintain a flat bell, switch to the “light” versions of your favorite smoothies by performing substitutions on traditional smoothie ingredients.

Here are six ways to convert your smoothies to their low-calorie versions.

### MAKE THEM FROM SCRATCH

Make your own smoothies, or make sure you go to a smoothie shop that uses the freshest ingredients.

Work from scratch using fresh whole fruits and vegetables. The vitamins and nutrients remain almost intact. Plus, you get the best flavors when you work with whole fruits and veggies.

### FOCUS ON TEXTURE

Fresh fruit and ice cubes develop a thick consistency after a few minutes inside the blender. Keep this in mind if you favor thick and rich smoothie textures.

### SUBSTITUTE WATER

Instead of using milk, go for plain water. You may also use fruit tea as a healthier substitute for milk. If you are a big fan of that rich dairy taste characteristic of traditional smoothies, then go for non-fat milk or plain yogurt instead.

### DIFFERENT FRUITS

Know the low-calorie alternatives of fruits normally used in smoothies. Here is a concise guide so you can make your fruit substitutions accordingly.

— Fruits which are very high in calories: bananas, cherries, figs, mangoes, pomegranates, and tangerines

— Fruits which are in the fairly high to moderate calorie range: apples, apricots, blueberries, cantaloupes, grapefruits, honeydews, kiwis, oranges, papayas, peaches, pears, pineapples, plums, strawberries, and watermelons

— Low-calorie fruits: blackberries, cranberries, and raspberries

### VEGGIE SMOOTHIES

Use more greens in your smoothies instead of fruit. Greens are low in calories. Try green smoothies, if you haven't done so in the past.

Experiment with different recipes for veggie-based smoothies first in order to pick your favorites.

Try romaine lettuce, cucumbers and carrots. These veggies add bulk to your smoothie, and their flavors are subtle so you won't even notice that they are there.

### REDUCE THE SUGAR

If you have a sweet tooth, use honey instead of table sugar, sugar syrups, or artificial sweeteners. If you are serious about losing weight, then get used to the taste of no-sugar added smoothies.



# Stay Fully Hydrated

## SEVEN REASONS TO DRINK MORE WATER EVERY DAY

**Y**ou've heard that everyone should aim to drink at least eight glasses of water a day, and you know that water is good for you. But perhaps you still don't quite feel motivated to change your drinking habits, put down that cup of soda and fill up on water instead.

Here are seven reasons why you should seriously consider getting more water in your diet.

**1** • Drinking more water results in greater functioning of the digestive system, meaning that you will be less likely to feel hungry. In many cases, feelings of thirst are actually mistaken for feelings of hunger. So, instead of grabbing a chocolate bar or another unhealthy snack, try drinking a glass of water first. Similarly, consider swapping your regular fizzy drinks for a bottle of water, which has virtually no calories and no sugar.

**2** • Getting enough water into our bodies allows for improved elimination of toxins in the kidneys. When toxins build up they can manifest as skin problems (such as blemishes and dark circles under the eyes). Some people believe staying well hydrated is required for effectively flushing out these toxins and preventing skin problems from occurring.



PHOTO: WAVEBREAKMEDIA / YAYMICRO.COM

**3** • Another great reason for getting more water into your diet is the effect it can have on your ability to concentrate and stay alert. The human brain is made up of about 80 percent water. Dehydration can significantly impair cognitive functions such as attention because the body must priori-

tize more physiological functions and cannot spare the resources for higher cognitive functions. On a related note, dehydration can make you vulnerable to stress, irritability, headaches and exhaustion.

**4** • Water keeps your skin in top condition by keeping the

skin cells plump. It also helps in the production of more oil from the sebaceous glands, which helps to retain moisture. This is because human skin contains a great deal of water and needs to maintain this level to function optimally. Dehydrated skin can appear dry and wrinkled.

For youthful, glowing skin try to aim for six to eight glasses of water a day for one week to see results.

**5** • Dehydration can cause high blood pressure because the kidneys require a certain amount of water to function optimally. Your kidneys play a vital function in the maintenance of your blood pressure. If you are dehydrated then the kidneys cannot perform their role adequately, leaving you susceptible to high blood pressure. This can put you at risk of heart disease or stroke.

**6** • Muscles are made up of about 75 percent water. Muscle cells need an adequate water content to perform at their best level. If they lose even a tiny percentage of this water content, their strength is significantly reduced.

**7** • Drinking plenty of water can help you lose weight by boosting metabolic rate by approximately 30 percent.