

7 ways to be healthier this year!

Do you want to be healthier this year?

Would you like to feel younger, healthier, more awake and more confident in yourself?

Of course you do. Here are 7 ways to do just that. 1. Quit smoking - If you do nothing else, do this. Smoking is the single greatest preventable cause of cancer, and has been linked to cancers of the lung, bladder, pancreas, kidney, nose and mouth, stomach, cervix, prostate, and colon, as well as heart disease, miscarriage, colds, ear infections, and asthma and bronchitis among children living in households where family members smoke.

Tobacco products, including cigarettes, cigars, pipes, , and chewing tobacco cause 30% of all cancer deaths and kill more than 440,000 Americans each year. These guys had my mother off cigarettes in no time [Quit Smoking Right Now](#) .

2. Get enough sleep at night - Your body repairs itself at night. However being in bed for 13 hours does not guarantee that you had a good nights sleep. To ensure your sleep is good, the temperature of the room should be just below body temperature. The bed clothes should be clean and light and noise should be limited.

Aim for 6-7 hours of good quality sleep per a night and the health benefits will be obvious for all to see. Do not compromise on your sleep and try to keep regular sleeping patterns.

3. Aloe Vera supplements - Have you tried them yet? Aloe Vera is used in a lot of our common everyday products, due to its amazing health benefits.

For the first time ever, 100% pure Aloe Vera tablets are now available. Because it is in tablet form, it makes it easier to get the health benefits everyday. Reported benefits of Aloe vera include boosting your immunity, fighting ageing, improving digestion, helping with acne and helping you feel more awake and active during the day

The best product we have found is Aloeride. For more information [Aloride Reviews](#).

4. Eat healthier - Every day you hear nutrition messages from the media and sort through information from advertisers who want you to buy their products. Some products are healthy, but others may be lacking in nutrients. Sometimes it's hard to sort it all out. What's important is to follow the basics: eat a healthy diet by choosing a variety of fruits and vegetables. Avoid fats, added sugars, and salt. Eat in moderation. Eating right makes you feel good, and it's important for reducing your risk for diseases like heart disease, certain cancers, diabetes, stroke, and osteoporosis. In fact, healthier eating could reduce cancer deaths in the United States by as much as 35 percent.

If your [BMI](#) is over 27 you must lose some weight because at this point your causing harm to yourself. Check out our [Top Diet Product](#) and start losing weight now.

5. Eat Breakfast - By eating breakfast, you are less likely to snack on sugary and fatty foods later on during the day. Upwards of 33% of adults in the USA miss breakfast every morning, meaning they may miss out on important nutrients. Many breakfast foods contain significant amounts of vitamins C and D, fibre, calcium and iron.

6. Drink Water - Get a water bottle and carry it with you everywhere you go. You'll find yourself drinking water while you're driving, at your desk, during meetings and watching TV. Drinking water instead of coffee, soda, fruit punch or other sweetened beverages saves calories as it keeps your body functioning optimally. 7. Realistic exercise plan - You know exercise is important but you do not want to go to the gym - sounds reasonable. We would highly suggest you check out [SparkPeople.com](#), a free exercise plan site, with videos and articles. In these videos you will learn exercises you can do at your desk and at home!

Remember: exercise can help reduce your cravings for sugary foods! So do just 15 minutes of exercise per a day and see the health benefits within weeks.

About the Author

As part of a team who research weight loss products and services, Jason is in charge of marketing and PR. As with most of our crew Jason is asked to test and rate different diet products.

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