

Is at a Doesn't healthy smoke weight Exercises Eats ona healthy regular foods basis

A healthy person

One of the biggest reasons we're have a weight problem these days is because we sit around too much.

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EXERCISE



We know we need to exercise, but we have so many excuses not to do it

JUST ADDING A LITTLE MOVEMENT TO YOUR LIFE CAN:

Reduce the risk of heart disease, stroke and diabetes	Improve joint stability	Increase and improve range of movement	Help maintain flexibility as you age
Maintain bone mass	Prevent osteoporosis and fractures	Improve mood and reduce symptoms of anxiety and depression	Improve memory in elderly people

Reduce stress

The truth is, everything counts and the more you move, the healthier you'll be.



Simple Ways to Move Your Body

Eating a healthy diet is another part of the healthy lifestyle. Not only can a clean diet help with weight management, it can also improve your health and quality of life as you get older.

EATINGWELL

THERE ARE SOME TIPS FOR SIMPLE WAYS TO CHANGE HOW YOU EAT:





Creating a healthy lifestyle doesn't have to mean drastic changes. In fact, drastic changes almost always lead to failure. Making small changes in how you live each day can lead to big rewards, so figure out what you can to be healthy today.