

BALANCING WORK & LIFE



HEALTH HABITS

#1 - Eat breakfast

Breakfast is the most important meal of the day. And it's no lie. Studies have shown that women who skipped breakfast at least once a week were at a higher risk of developing Type II Diabetes. By eating breakfast, studies have also shown that men had lower incidences of heart disease.

Your body needs a healthy, balanced, and nutritional breakfast to help it operate optimally throughout the day.

#2 - 10,000 steps

Maybe you can't exercise every single day. But you can most certainly ensure that you walk at least 10,000 steps. Walking 10,000 steps has extraordinary health benefits. Too often, we don't walk even close to 10,000 steps. In fact, studies have suggested that walking 10,000 steps per day not only helps with weight loss, but that it also helps to decrease your risk of heart disease and diabetes.

If you don't presently do much walking, then this might pose some difficulty for you. However, there are hacks here. You can change up your routine, for example, if you presently drive everywhere, by walking a longer distance to and from your car. You might find this cumbersome at first, but you will build the habit up slowly over time. Do what it takes to hit your 10,000 steps per day goal.

#3 - Plenty of water

Everyone knows the health benefits of water. Human adult bodies consist of up to 60% water, the brain and heart consist of 73% water, and the lungs consist of approximately 83% water. But, too often, we don't take in enough water. We generally tend to get our water intake from sugary sodas, coffees, and other unhealthy drinks.

The men should take 3 liters (13 cups) and women should be taking 2.2 liter (9 cups)

#4 - Vitamins & minerals

There are so many health benefits to ensuring that you get the proper vitamins and minerals every single day, that they're too long to list. Ensure that you're taking at least one daily supplement to receive the essential vitamins and minerals that your body needs every single day. These are necessarily for all types of optimal mind & body functioning.

#5 - Brush & floss teeth

Brushing & flossing might not seem like a must-have health habit, but it is. There are so many health benefits associated with brushing and flossing every single day. They help to stave off gum disease, which, if left untreated, can result in even more serious illnesses such as heart disease, infections etc.

Be a Leader, Be Janaab !!!

