

# 7 Tips for a Healthier Lifestyle

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## *Skip the Smoke and Sip*

Start your journey to a healthier life by steering clear of tobacco and excessive alcohol. Smoking, vaping, or chewing tobacco can harm your health, while chronic alcohol consumption is linked to various illnesses. Limit alcohol to one drink a day or skip it altogether. Avoiding alcohol followed by occasional binge drinking isn't a smart alternative.

## *Ditch Processed Foods*

Processed foods are loaded with chemicals, trans fats, and sugar, offering little nutrition. Processed meats like hot dogs and bacon are especially concerning. Keep these in your diet for special occasions only. Shop the outer aisles of the grocery store for fresh, wholesome foods that nourish your body without harmful additives.

## *Embrace Fresh Fruits and Veggies*

Load up on fresh fruits and vegetables; they're packed with essential nutrients, fiber, and plant-based proteins. Substituting beans and legumes for animal proteins can reduce fat intake. Aim for a variety of colorful options to benefit from vital phytonutrients, which can help prevent chronic illnesses.

## *Cut Back on Red Meat*

While red meat provides nutrients and protein, excessive consumption can be harmful. Limit servings to 3 ounces and consider leaner options like fish or chicken. High saturated fat intake from red meat can lead to chronic health problems.

## *Manage Sugar Intake*

The sugar vs. artificial sweetener debate continues, but moderation is key. Opt for approved sweeteners like Stevia or natural alternatives like honey. Satisfy your sweet tooth with fresh or frozen fruits that offer nutrients and fiber. Avoid concentrated sugar in fruit juices.

## *Sun Protection*

Guard your skin from harmful UV rays by applying sunscreen daily with at least 15 SPF. Consider higher SPF options for better protection. When spending extended time outdoors, cover up with long sleeves, pants, sunglasses, and a hat.

### *Exercise Regularly and Stay Fit*

Regular exercise and maintaining a healthy weight are a powerful duo for overall well-being. Aim for a BMI between 18.5 and 24.9, but remember that it's not the only health measure. Exercise doesn't have to be intense or costly; a simple walk or bike ride can improve sleep, reduce stress, enhance mental health, and strengthen muscles while preventing joint injuries.