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[NOTE: Some sentiments contained within "What We're Reading" articles may not strictly conform with Simple Again's nutritional outlook. We read articles containing opposing information all the time and derive our nutritional philosophies from the latest science, the opinions of experts worldwide and our anecdotal experiences in the field. We keep an open mind and a strong affinity for fact-based evidence to help make the world of nutrition "Simple Again" for you.]

4 Habits of Healthy People



Learning about the common habits of healthy people can be a particularly motivational experience, even for people who are already living an active lifestyle. Sometimes these extra reminders can be just the boost that we need to get back on track or even encourage us to continue on the path to a healthier lifestyle.

It's generally pretty easy to spot someone that is living a healthy life and it's usually pretty admirable—they seem to smile a little brighter, they always appear to be happy, and they are constantly on-the-go and productive. Learn about four of the most common habits that these people have mastered and how you can emulate these to improve and build upon your own fitness regimen.

They are Actively Aware of Their Food Choices

Healthy people know exactly what type of food they put in their body and often make sacrifices to help keep their bodies running optimally. This means, when they go out to eat with friends, they won't always be delving into a large serving of nachos or ordering that extra round.

They always read nutritional labels and scan for artificial sweeteners, tricky food additives, and preservatives, because they prefer avoiding over processed foods when possible.

While they are not always 100% perfect with their nutrition, healthy people often abide by general rules of thumb, such as, no alcoholic beverages during the week, no more than one soda a month, or other methods to do their best to avoid food that is unhealthy.

What this doesn't mean, is that they are over top or obnoxious about their habits—they choose to lead by example. To start developing this healthy habit, pay close attention to the foods that you eat. Keep a food log that documents what sort of foods you eat and how often you eat them. If you noticed any questionable or unhealthy food choices, work on weaning them out of your diet.

Consistently Monitor Their Health

Aside from tracking their food and nutritional intake, healthy people also monitor their overall physical performance by regularly exercising to gauge whether or not their health has improved or worsened over time.

This means that they'll often experiment with jogging longer distances or lifting heavier weights just to see how well their body responds to a more intense workout. If these exercises were more difficult than they had expected, it could be an indication that they should be scaling their efforts.

You should be consistent aware of how your body is supposed to feel so that you can understand when you aren't working out enough, or even if you are working out too hard. Additionally, you should not be afraid to monitor your health by visiting a doctor for a checkup or consulting with a physical trainer when an outside examination is necessary.

Stay The Course Even When It's Difficult

There are often going to be times when your fitness goals become unclear, you become physically exhausted, or you lose much of your motivation—hey, it happens to the best of us. But one habit that healthy people proudly focus on is a continual drive to fight onward, even when their health goals become overwhelming difficult.

Instead of painstakingly giving up, they stay consistent and add variety to their routine by incorporating new exercises which can make their healthy habits fresh again. They find other activities that make their lives more enjoyable, such as joining a gym with a friend, hiking with their dogs, or playing football with the kids.

To adopt this habit, focus on breaking any health plateaus that you experience by first realizing that it's okay to not always be perfect. When times get tough and you start to struggle or question your motivation, this shouldn't be considered a sign of weakness—this is a sign of growth and change, embrace the challenge.

Experiment With New Habits

Healthy people are always on the lookout for new habits, suggestions, or technology that can help them continue to grow stronger throughout their lives. They understand that their life really begins when they venture outside of their comfort zones and even avoid activity ruts by setting new goals and trying new sports.

Additionally, healthy people transition their new habit building beyond physical changes and introduce a variety of exciting new modifications to their diet—they cook new foods to surprise their metabolism and find new ways to balance their essential nutrients.

Think about how you can incorporate new habits to find the exercise and fitness routines that work best for you. Consider drinking more water, reading nutrition labels, getting annual checkups, scheduling more time for sleep, working out with a friend, trying new outdoor adventures, etc.

What are some of the healthiest habits that you have experienced? What are some of the areas that you are succeeding in and where could you use more help? Do you find developing healthy habits to be a beneficial process in your fitness routine, or more intimidating?

Summary

Healthy individuals have tips to staying on track and getting back on track when they've slipped. Watch what you eat. Regularly monitor against your performance goals. Consistently make time for your workouts. And keep on the lookout for new, healthy habits.

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