

Your Health



Why Drink Water?

All life on Earth relies on water. Drinking water everyday consistently can bring added benefits to your life and your health. Drinking water every day can make you feel better throughout the day.

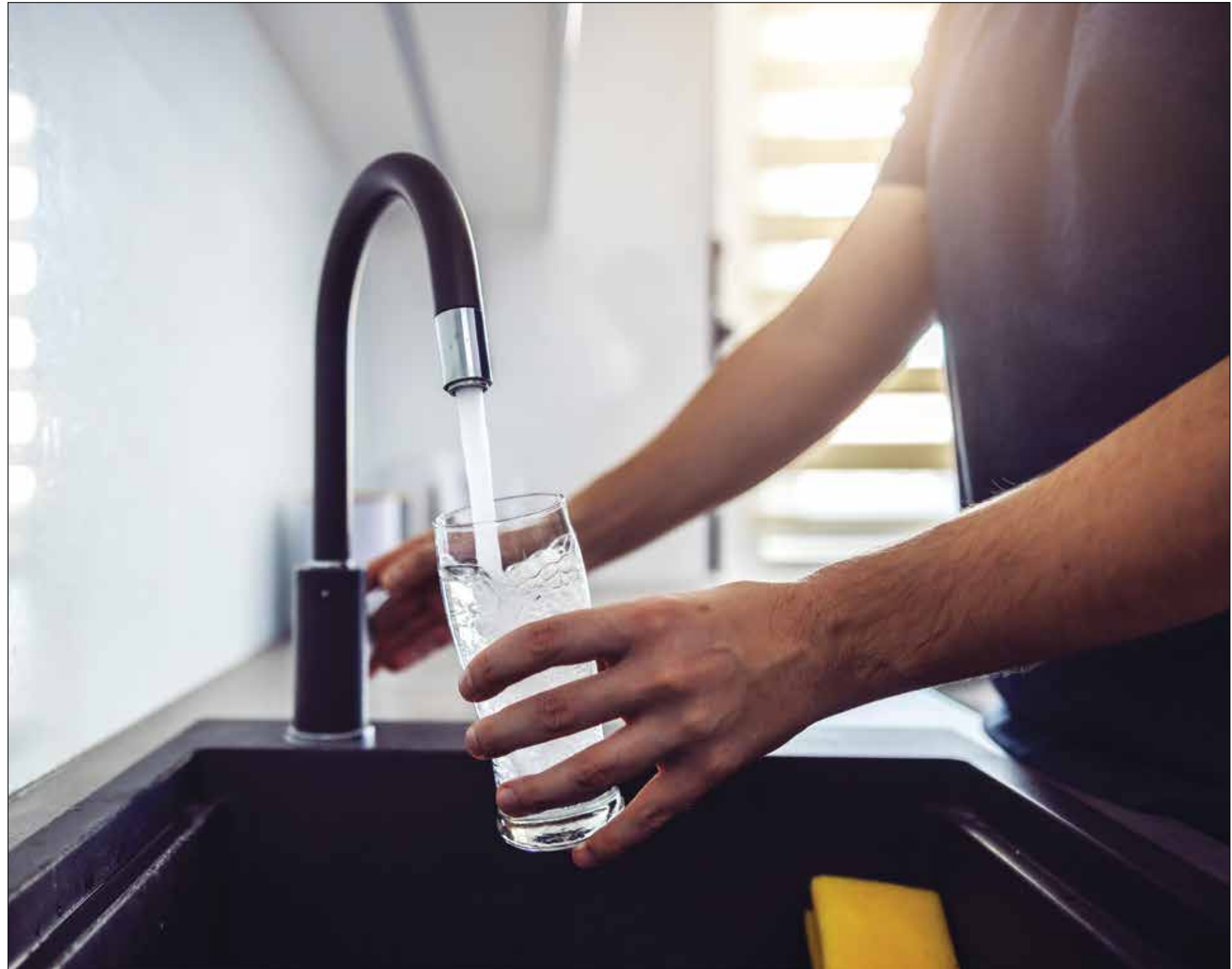
RETHINK THE DRINK

Drinking too many sugary drinks can lead to significant health problems in the future. Sugary drinks are anything sweetened with added sugars. Sodas, fruit drinks, sport drinks, energy drinks and coffees are considered sugary drinks.

The CDC says people who often drink too many of these sugary drinks are prone to face health problems such as weight gain, kidney disease, obesity, type 2 diabetes and more health issues. Limiting the amount of sugar you drink can help you prevent these kinds of diseases and help you lose weight.

HOW WATER HELPS YOUR BODY

Water not only keeps you hydrated and feeling good, but the Centers for Disease Control and Prevention says water also helps your body by keeping your temperature normal, lubricating your joints, protecting your spinal cord and



© ADOBE STOCK

other sensitive tissue and gets rid of wastes through urination, perspiration and bowel movements.

Your body needs water more if you live in hot climates, are more physically active, sick or running a fever and having diarrhea or vomiting. Water

helps your body in so many ways — and does more for your body than sugary drinks such as sodas and energy drinks can do for you. You may feel awake and good as you drink the sugary drinks, but unlike with water, the feeling from sugary drinks doesn't last.

HEALTHY DRINK OPTIONS

Sometimes you need to ease yourself into the habit of drinking water if you've spent all your life drinking sugary drinks. Try these tips from the CDC to help ease yourself into drinking more water and less

sugary drinks.

Try plain black coffee or teas, sparkling water, seltzers or flavored waters if you want some hydration with a little more flavor than water. You can also drink 100% fruit or vegetable juice to get some of that flavored hydration.

Tips for Drinking More Water

You need more water as the climate gets warmer, and with spring coming, it's the perfect time to get started creating a habit of drinking more water. To help you, here are some tips from the CDC:

- Carry a bottle of water with you and refill it throughout the day.
- Freeze some freezer-safe water bottles. Take one with you for ice-cold water that will last all day long.
- Choose water over sugary drinks.
- Opt for water when eating out. You'll save money and reduce your calorie intake.
- Add a wedge of lemon or lime to your water for added flavor if you don't enjoy the taste of water itself.

WATER HACKS

Choosing water over sugary drinks can be difficult for many people, especially if you tend to drink these sugary drinks a lot during the day. Most people's problem with water is it contains no taste or flavor.

Although this is true, here are some tricks the CDC shares to help you rethink your drink.

- Need more flavor? Add berries or slices of lime, lemon or cucumber to your glass of water.



© ADOBE STOCK

- Missing fizzy drinks? Add a splash of 100% juice to plain sparkling water for a refreshing, low-calorie drink.
- Need help breaking the habit? Don't stock up on sugary drinks. Instead, keep a jug of cold water in the fridge.

- Water just won't do? Reach for drinks that contain important nutrients such as low-fat or fat-free milk, fortified milk alternatives or 100% fruit or vegetable juice.
- At the coffee shop? Skip the flavored syrups or whipped

cream. Ask for a drink with low-fat or fat-free milk, milk alternatives such as soy or almond, or go back to the basics with black coffee.

IMPORTANCE OF WATER

Remember that water is the

cornerstone for all life. Water is very important for your health and the health. Set an example by starting off your journey today drinking more water.

Use the steps to rethink your drink and lead yourself to a better healthier lifestyle.

Healthy Spring Diet

The change of weather should bring out a change in yourself. Create goals and set yourself up for success with modest changes to your lifestyle. Here are some tips to get you started.

LITTLE CHANGES MATTER

Making the switch to a healthy diet doesn't have to be immediate, though. Start with a gradual, modest change to your diet. Small changes, such as drinking more water than sugary drinks each day or putting less sugar in your morning coffee. As time goes on, you can slowly and gradually add more goals and changes to your routine. Create goals for success and don't set yourself up for failure.

SET YOURSELF UP FOR SUCCESS

Starting a diet doesn't have to be complicated and life-altering. You can begin creating little changes that will help you ease into a healthy eating lifestyle. Begin by focusing on one goal at a time and grow from there. You can begin by doing something as simple as paying more attention to the labels on the foods you buy. Be aware of what's in your food, as manufacturers some-



© ADOBE STOCK

times hide large amounts of sugars or unhealthy fats in packaged foods. Another way to set yourself up for success is to focus on how you feel after you eat something. This will help you create good habits for yourself and know what your body responds well to.

MORE HEALTH TIPS

One of the reasons most people fail a diet is because they try and quit foods they've eaten all their lives. This does the opposite of what you might think it would. Rather than help you, it hinders you from committing to your diet.

Don't think of any certain

foods as off limits, but try and lower the portion you eat them. A diet doesn't mean you have to quit all of your favorite foods. You can still eat your favorite foods, but now you will eat them in moderation. Instead of having a burger from your favorite place Monday through Friday, you can mod-

erate it to only Tuesdays and Thursdays. Many people beginning a diet choose to eat healthy foods Monday through Friday and having their cheat days on the weekend.

Dieting doesn't have to be grueling and torture. Do what works best for you and your life.

Eat More Greens

Adding more fruits and vegetables to your diet is a simple and fun way to begin your healthy living process. It's also a little change that will help ease your way into better habits.

ADD FRUITS AND VEGETABLES

Fruits and vegetables are low in calories and are packed with nutrients, vitamins, mineral and antioxidants that will help your body stay healthy and make you feel good. Helpguide.org says you should be eating a least five servings of fruit and vegetables per day.

This can be seem like a lot, but with the proper food prepping you can build upon this maybe eat more than five servings. A serving is half a cup of raw fruits or vegetables or can also be measured at a small apple or banana.

Helpguide.org also shares some tips on ways you can increase your intake:

- Add antioxidant-rich berries to your favorite breakfast cereal.
- Eat a medley of sweet fruit such as oranges, mangoes, pineapples or grapes for dessert.
- Swap your usual rice or pasta side dish for a colorful salad.
- Instead of eating pro-



© ADOBE STOCK

cessed snack foods, snack on vegetables such as carrots, snow peas or cherry tomatoes along with a spicy hummus dip or peanut butter.

WAYS TO MAKE VEGETABLES TASTY

Plain salads and steamed vegetables can be torture to

eat day in and day out. It can be hard to keep up a healthy diet if you don't enjoy the foods you are eating. Here's some tips from Helpguide.org on making vegetables tasty for you and the family.

- Add some color to your plain salad or steamed vegetables. Use sun-dried toma-

toes, glazed carrots or beets, and some colorful peppers.

- You can also replace lettuce with other greens such as kale, arugula, spinach or Chinese cabbage.
- Satisfy your sweet tooth with carrots, beets, sweet potatoes and bell peppers. Adding these vegetables

will help satisfy your craving of flavor without ruining your healthy diet. Don't be afraid to mix in and try different types of greens to enhance your diet and your taste buds. Vegetables can be just as tasty as any snack you love if you take the time to learn to make them tasty.

Outdoor Workouts

There is no better time than spring to start some outside workouts. Outside workouts can be a jog, high intensity interval training, or HIIT, cardio and or even just a light jog through the park with your dog.

Here's some outside workouts you can do to take advantage of the beautiful spring workout.

RUNNING

Running can be a great workout that is versatile. You can run anywhere at any time making it a workout that you can do year around. As spring draws closer, the weather will be warmer and sunny making it the perfect time to take yourself out to the park and begin your running journey.

There's a lot of way you can run, long distance, short intervals and more.

Remember, if you are a beginner, don't run for more than your body can take. It puts a lot of stress on your legs and spine, so begin moderately and slowly build up your stamina.

Set yourself up for success by creating goals that are easily attainable. This will help you enjoy and fall in love with running as your body trains



© ADOBE STOCK

and gets use to the sport.

HIIT CARDIO

HIIT, or high intensity interval training, is a workout involving periods of ranging from 30 seconds to two minutes working between 80 to 100% of your maximum heart rate with short recovery periods. HIIT cardio can be done

by anyone, even the average gym-goer.

There are two types of HIIT workouts, the one we just explained and SIT, or sprint interval training, recommended for well-conditioned people.

BODY WEIGHT PARK WORKOUTS

As the name suggests, with

this workout, there are no types of bars or gear you work out with. Solely just your body weight at a park. Workouts consisting of push ups, sit ups, jump rope and dips. This workout can really be done anywhere there is room for your body to be laid out in push-up position but being in the park adds a little more

pleasant circumstances to the workout.

Take the time to learn these workouts and apply them in your daily life. Try and begin by taking two days a week to go out to your favorite park and try these workouts. Add more days as you adjust and find yourself enjoying the time to workout.

Spring Skin Care

Warmer weather means more sun and that means you will have to take extra care of your skin. This section will go into teaching you how to take better care of your skin during the spring and summer months.

EXFOLIATE

Cold weather can really do a number on your skin and dry it out. Use a gentle exfoliating scrub to get rid of the dry, dead winter skin. You should exfoliate your face as well. Local pharmacies and grocery stores will sell body and face exfoliants for you to use.

Remember, you will need to buy separate exfoliant for your body and face. You'll want to use a more gentle exfoliant for your face than you would use for your body. You can also find face masks that will help get all the dead skin off your face without having to use a scrub that could cause tiny skin tears.

SUNSCREEN IS SELF CARE

The sun's warm rays can be very harmful to your skin. As the temperature begins to rise, people want to be outside and enjoying the sun. You should always be careful



© ADOBE STOCK

exposing your skin to sun without sunscreen. It's crucial to apply a good sunscreen during the spring and summer months. Apply sunscreen with at least a good SPF 50 to both your face and your body.

MOISTURIZE, MOISTURIZE, MOISTURIZE

Cold weather dries your skin out and your skin may have soaked up the heaviest

of moisturizers you may have. During spring and summer, you'll want to switch it up to a light moisturizer that won't leave your skin feeling greasy. Find one that makes your skin feel hydrated and healthy.

Find a hyaluronic acid- or water-based formula. Your skin seems to hold more water during the summer and spring months, so you won't need as much moisturizing

protection as you would during cold months.

EAT MORE FRUITS AND VEGETABLES

Applying sunscreen and moisturizer are great ways to liven your skin up during the warmer weather, but there are also dietary things you can do to help your skin. Eating nutrient rich food packed with vitamins and minerals

such as fruits and vegetables also work wonders for your skin.

Fruits and vegetables such as blackberries, guavas, kiwi fruits, cucumbers, oranges and strawberries are just a few examples of the kinds of fruits and vegetables to aid in skin care. Drinking a lot of water not only hydrates your body but it also hydrates your skin as well.



© ADOBE STOCK

Getting Good Sleep

Getting good, quality sleep is essential to a healthy life. Not enough sleep can cause many mental and physical issues. Here are some tips to help you get better quality sleep at night.

MAKE A SLEEP SCHEDULE

You should sleep for no more than eight hours each night although the recommended amount for adults is

seven hours. Most adults in the United States don't even sleep seven hours. Setting a sleep schedule begins with setting a time to go to bed and setting a time to wake up. Creating a sleep schedule also creates a sleep cycle in your body; being consistent will help your body's sleep cycle line up.

HOW TO FALL ASLEEP

Have you ever tossed and turned in bed struggling to sleep at night? If you don't fall asleep within 20 minutes of lying down in bed, leave your room and do something that relaxes you.

You can read a book, listen to sooth-

ing music or sit down and draw. As soon as you feel tired, go back to bed. Repeat this as many times as it takes for you to finally fall asleep. Do not watch television. Although this can be relaxing, it is easier to be tempted to stay up and watch whatever series you may be bingeing.

LIMIT NAPS

If you ever find yourself tired throughout the day and feel the need to take a nap, don't. Daytime naps can interfere with your sleep cycle, causing you to be wide awake at night. If you do need to take a nap, lay down for 30

minutes. Avoid napping if it's close to whatever time you are scheduled to go to bed.

GET YOUR WORRIES OUT

Sometimes your thoughts and stress can keep you up at night. Try and get rid of those thoughts or worries by solving them or writing your feelings down into a journal to get them out of your head.

Find a relaxing activity such as reading, drawing or painting you can do close to when you are scheduled to sleep to help relax you and destress you.