

7 Guaranteed ways to Supercharge your Health

1. Stop Smoking

If you are a smoker, you have heard this enough number of times. Just in the United States alone 400,000 people die from smoking every year. So, people probably don't hear this enough. There is no other way to say it - smoking is not only bad for your health, it adversely affects everybody around you. Get help - join a support group, use nicotine substitutes, cut back slowly, begin by just taking one step ...

2. Drink Green Tea

Results of several research studies clearly show that the addition of green tea to your daily diet provides a variety of health benefits. These range from regulating fat metabolism, reducing blood pressure (3) Fights cancer (4) Reduces blood pressure and many more. This is truly nature's wonder drug. Give it a try.

3. Workout 180 minutes a week

That's 30 minutes a day, 6 days a week. Take a walk, go for a run, lift weights or a combination of these. Exercise helps burn fat and builds muscle. Simply walking 30 minutes a day will help burn an extra 175-225 calories! Choose whatever fits your style and schedule. The best time to exercise is in the morning because your body will be burning fat for energy due to the limited availability of carbs in your system. Get up in the morning and get moving ...

4. Start Yoga

Yoga has been around in some form or other for thousands of years. This spiritual practice has many benefits and it has quickly become a popular choice to thousands of people strictly for health reasons. Not only does Yoga give your muscles and ligaments a good stretch, it also tones the body, and best of all it helps to relax. You could start by taking yoga classes at a local gym. Once you want to get really serious find a licensed yoga practitioner in your area and enroll in the more advanced classes ...

5. Graze don't binge

Eat smaller meals during the day (4 to 6). This will keep your blood-sugar levels stable throughout the day. Think quality not quantity. Eat more fruits, vegetables, lean meats. Great options include hard-boiled eggs, small broiled/baked chicken breast, and fresh vegetables such as carrots, celery sticks. If you have a craving for something sweet, many delicious options are available such as Yoplait yogurt or Weight Watchers. You don't have to deprive yourself, simply consume these in moderation ...

6. Drink 8 glasses of water

It should be no mystery that adequate water consumption is indispensable for good health. Water helps flush out toxins and other wastes in our system. It replenishes keeps you hydrated, reduces hunger, which assists with weight loss, and keeps our skin healthy. Start by drinking 2 glasses of water first thing in the morning. After that, drink a glass at regular intervals including one with each meal. If you are not used to drinking water, it might be a little difficult at first, but very soon, you will get into the habit. Once you get used to general feeling of well-being you will never go back. So, remember - 8 glasses a day every day...

7. Take Supplements

What do we need supplements do? Multiple vitamin-mineral supplements contain a variable number of essential and non-essential nutrients. Their primary purpose is to provide a convenient way to take a variety of supplemental nutrients from a single product. Otherwise, to fulfill our daily requirements for vitamins and minerals we will have to eat massively large quantities of food. Most of these multi-vitamin/multi-mineral supplements contain at least 100% of the U.S. Recommended Dietary Allowance (USRDA) of all vitamins. So, talk to your doctor and figure out what's the best route for you.

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About the Author

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