



Healthy Habits To Live Better



While there are so many new schools of thought on how to be healthy and how to live better these days, here are a few simple tips that people often forget:

Laughter is still the best medicine.

It's been said many times, being silly and having a good time makes you a happier and healthier version of yourself. A good chuckle decreases stress chemicals and expands blood vessels, keeping your heart and mind in good shape. So the next time your friends come over, take the wackiest photos together and don't hold back on that ballad you've been itching to belt out. You automatically live better just by learning to have fun - it's as simple as that!

Don't forget to floss.

Most people don't have time to floss after brushing, but here's why you should start thinking about making it a habit: unhealthy mouths release harmful bacteria in the blood stream and attack vital organs! Spend an extra minute in front of the mirror to clean those pearly whites and you'll have more than one reason to smile.

Remember to breathe.

Most people think that proper breathing is easy and comes naturally, but on the contrary, most people disrupt their breathing unconsciously. Practices like yoga, helps teach proper breathing to open up the body and calm the mind.

Eat REAL food.

Need that daily dose of vitamins and minerals? Before popping all those pills, try to get them from colorful fruits and vegetables, nuts, and lean meat. Stay away from food that lacks nutrition and give your body enough fuel to keep going through the day.

To get more delicious ideas for fruits and veggie recipes, check out [Del Monte Kitchenomics](#).

Sources:

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