

**How to
nourish your
body**

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Table of Contents

1. What is physical wellness?
2. Calories intake
3. Focus on variety
4. Eat breakfast
5. Create a healthy plate
6. Eat every 3-4 hours
7. Eat with no distraction
8. Eat with no stress
9. Chew your food thoroughly
10. Eat consistently
11. Prepare and cook your food correctly
12. Do not browse around
13. Read nutrition labels
14. Drink enough water
15. Drink water frequently
16. Exercise
17. Exercise correctly

18. Create your own exercise routine
19. Exercise is not only for weight loss
20. Replace your workout shoe
21. Focus on your breathing
22. Challenge yourself
23. Get enough sleep
24. Health is a lifestyle
25. Do not wait until you are weak
26. Know your health purpose
27. Find the benefits
28. Keep on moving forward
29. Be around healthy individuals
30. Listen to your body
31. Control your stress
32. Increase your self-esteem
33. Check your sources
34. Tracking your health
35. About the author ---- Mykim Tran

1. What is physical wellness?

Physical wellness is about an ongoing learning process to improve your health. As a human being you cannot be perfect, which means you can never reach the 100% level of health. **It does not matter what level you are at with your health, there will always be something that you can improve on.** For example, if you consider yourself to be healthy today and then stop taking action to move forward, you are not in the state of wellness. As a result, your health will start to decrease as the days go by.

Since physical wellness is about your body, you want to make sure your body is in top condition. **When your body receives what it needs, it will have its full ability to heal itself when something negative happens from the inside or the outside.**

The following are some of the things you can do to develop physical wellness:

- Keep your body in top condition
- Learn and apply healthy choices every day
- Have enough energy to do your daily activities
- Protect yourself from accidents
- Do not misuse your body
- Take responsibility for minor and major injuries and sicknesses as soon as possible
- Know when to get professional medical help

2. Calorie intake

Since each of us has a different body type and lifestyle, you want to make sure you eat the right amount of food for your body.

Some important things that will determine how much food you should consume are your gender, age, height, body frame, body composition and activity level. For example, if you are taller and very active you would need to eat more food because you would burn more calories compared to other people who have smaller body frames and are less active, as they do not need to consume as much food to function well.

You can log on to www.choosemyplate.gov to find out how much you should be eating to maintain, gain, or lose weight for your body and lifestyle. This website provides information about the different food groups and how much you should consume to fit your body type and lifestyle. The website also has a program to help you keep track of your physical activity and how it is related to your food intake. It will also show you what kinds of foods you need to consume less or more of in order to meet all your nutritional needs.

It is important to re-calculate your food intake as your lifestyle changes. For example, if you suddenly become more active, you would need to eat more food. Or if your activity level declines, you would need to eat less.

Depending on how your lifestyle changes, make sure to change your food intake accordingly. Do not expect your health to stay the same if your lifestyle changes and you do not change your eating habits.

3. Focus on variety

Eat as many different kinds of foods as possible.

There are at least 114 vitamins and minerals that your body needs to stay healthy, and one or two foods will not provide all those nutrients. For example, if you eat a banana for breakfast, eat something else such as an apple for lunch, and then something else for dinner such as an orange or any other fruit that you have not eaten yet. The

wider variety of foods you eat, the more likely it is that you will get all of the nutrients your body needs. If you are allergic to certain foods, avoid them, of course.

To help make sure that you eat a variety of foods throughout the day and week, plan out your meals.

Write down exactly what you will be eating for each meal. For example, if you are supposed to eat three servings of fruits throughout the day, write down exactly what fruits you will eat and when you will eat them. By writing it down you can see clearly what foods you tend to eat more often or lack in your diet.

4. Eat breakfast

If you break the word “breakfast” apart, you get break and fast. Since your body needs food every 3-4 hours, but as an adult, you are supposed to sleep 7-8 hours,

so in this case, you missed a meal while you were sleeping. When you miss a meal, you are on a fast that is not healthy for your body. In this case, it is important for you to break the fast in the morning because your body is low in energy from lack of food.

Eat breakfast as soon as possible after you wake up. The longer you wait to eat breakfast, the lower your energy level would become. You will realize that you would become weak and tire after one hour of skipping breakfast, and then it will be harder for you to recover from it.

Tips: If you are not in the habit of eating breakfast yet, you can start out slowly by eating a small meal to help you build the habit. If you try to eat too much at the beginning, it might make your stomach feel uncomfortable. That can feel overwhelming and make it more likely that you will want to want to quit. To start out, try to eat a fruit, a waffle,

or something light and small. After an hour, eat something else to make sure you keep your energy up. Then build up your habit so you can eat a full healthy breakfast.

5. Create a healthy plate

When you plan your meals, your portions should be as follows: $\frac{1}{4}$ protein, $\frac{1}{4}$ grain, and $\frac{1}{2}$ vegetables and fruits. Every time you eat a serving of protein or grain, make sure you double up your vegetables and fruits. For example, if you eat one serving of protein (such as chicken or fish), make sure you have two servings of fruits and vegetables.

When you develop a healthy plate, your body is getting the nutrition it needs to build enough energy to help you become productive and successful. You can learn more about building a healthy plate at www.choosemyplate.gov.

6. Eat every 3-4 hours

It is important that you eat something every 3-4 hours. After 4 hours, the food is completely digested from your stomach, which means you would need new food to keep your energy up. The longer you wait to eat something after 4 hours, the lower your energy level becomes. Even if you can only get something small or little into your body, it is better than nothing.

To help you eat every 3-4 hours, plan out your meals. For example, if you wake up at 7am and then go to bed at 10pm, then you are awake for 15 hours. You would take 15 hours and divide it by 3 or 4 that would determine when you should eat something. For example, if you divide 15 by 3, then you would need to eat 5 times. Write down exactly when and what you are going to eat. You want to

make it clear for the brain so it would not get confused on when and what to eat that would motivate you to eat.

Second, divide up your calories. Since you already calculated your calories intake on the second day of the program, take your total calories intake and divide it by how many times you are supposed to eat. If you eat 5 times per day, then you would take your total calories and divide it by 5. For example, if your total calories intake is 1500, then take 1500 and divide it by 5, then you would eat 300 calories per meal.

By eating every 3-4 hours and the same amount of calories, you are keeping your body in balance that would give your body the best chance to stay healthy and provide you the energy you need throughout the day without feeling tired.

7. Eat with no distractions

When you eat, make sure there are no distractions so you can truly enjoy your meal and also help your digestive system to work well. This means no television, Internet, computer or laptop, cell phone or book. Basically, the only thing you should be doing during meal time is eating.

When you watch television, your brain is not paying attention to your food but to the television, which means you are more likely to eat more food than you actually need. According to Dr. Oz, on the Dr. Oz television show on NBC, watching television during meals is the worst way to consume your food. Even though you might not watch the television when it is on, the noise would still distract your brain from focusing on your food.

If you have the habit of watching television during meals, try to sit very far away from the television so you can focus more on your food. Or make a small commitment to have no distractions for just one meal during the day, and then build up your habit up from there.

8. Eat with no stress

Have you ever felt that you were not in the mood to eat anymore after you had an argument with someone during a meal time? The reason for this is that when you feel stress your appetite decreases. In addition, your brain is busy trying to reduce your stress and is not focusing on your food and chewing it properly. This makes it harder for your digestive system to work well.

Try to surround yourself with positive people when you eat. Try to avoid people who you think you

could have an argument with or who make you feel uncomfortable when you eat. When you feel stressed or tired before meals, take at least 10 to 15 minutes to rest and relax before you start eating.

Meal times should be happy!

9. Chew your food thoroughly

It is important to chew your food slowly and thoroughly to help your digestive system works well.

When you just swallow your food, your digestive system has to work harder and longer to break down the food compared to when you chew the food well. The longer it takes for your digestive system to digest and absorb the food the longer it takes for you to receive the benefits from your food.

To help you chew your food slowly and thoroughly, remember to eat with no distractions. When you are distracted, you are more likely to swallow your food instead of chewing it. Chewing your food thoroughly requires focus, and when you are distracted you lost your focus, which means you have a higher chance of swallowing your food before it has been chewed thoroughly.

10. Eat consistently

Eating consistently means eating your meals at the same times every day. For example, if you eat lunch at 12 p.m., you should eat at the same time or close to 12 p.m. every day.

When you consistently eat your meals at the same times you are more likely to know when you will be hungry so you can prepare your food before your hunger strikes. It is important to eat immediately when you are hungry. When you take a long time to provide your body with food when it is hungry, your body will start to take the nutrition from your muscles to decrease its hunger. That is not healthy; you want to avoid muscle loss.

In addition, when you eat consistently, your body is less likely to store your food as fat. For example, when people eat at random times, there would be times when they would not eat anything for over six hours or more, and that is a long time for your body to not receive any food. As a result, your body would go into a panic mode because it is low on energy. When you start to eat again, instead of digesting and absorbing the food your body would be more likely to store the nutrients and convert your food to fat for

future use as energy, in case you do not provide your body with food when your body needs it.

If food is not digested and absorbed, you will not receive the benefits of eating food to stay healthy. **If you want your food to be digested and absorbed into your bloodstream and not be converted to fat, make sure to provide your body consistently with enough food.**

11. Prepare and cook your food correctly

First, make sure to prepare your food correctly.

For example, make sure you do not contaminate your food by separating your raw and fresh foods to avoid bacteria growth. When bacteria develop, the nutrient level is more likely to decrease and that can also cause you to develop sickness when you eat the food. Also, make sure to clean your cutting board, plate, knife, spoon, or whatever you use

to prepare your food thoroughly especially if you use the same knife to cut raw and fresh food. It is best to use different knives for raw foods and fresh foods.

Second, make sure your food is cooked correctly and thoroughly. For example, different types of meat require different levels of heat to cook properly, so make sure you know the correct cooking temperature for each meat. It is the same with fresh produce. For example, if you overcooked certain vegetables, the nutrients might be gone and that means you are just eating empty calories. Empty calories mean there is no nutrient value in the food.

12. Do not browse around

When you shop for food, do not browse around in the supermarket because the more unhealthy food you see, the more likely you are to purchase it in the future. That is

why advertisements and commercials are so successful—because businesses know and understand that the more you see something, the more likely you are to purchase it in the future.

Make a list of what you need to buy before you go to the supermarket, and stick to your list. The moment you are finished getting everything on your list, go straight to the check-out stand. To help stop you from browsing around, try shopping for your groceries at the same supermarket every time. When you shop at the same supermarket you will know where most of the foods are so you can go straight to them and not have to browse around for the food that you need.

13. Read nutrition labels

To improve your eating habits, it is important to read nutritional labels. **The more you know about what is going into your stomach the better food choices you can make.** There are many unhealthy ingredients that you might unknowingly put into your body due to not reading nutritional labels.

When you do not know what kinds of ingredients foods contain, there is less likely that you would care. When you do not know about something you would not believe that it could harm you.

To decrease your desire to consume unhealthy foods such as candies, chips or ice cream, it is important to read the nutrition label to see what ingredients they are made of. When you actually know what ingredients are in unhealthy foods, you are more likely to think twice before purchasing and eating them. And the more you are aware of

what you are eating, the healthier food choices you will make. So take the time to read the nutrition labels.

14. Drink enough water

The human body contains at least 60-70% water, and you need to maintain that level of water to keep your body productive and to prevent health problems. It has been discovered that you can survive without food for up to one month, but you cannot survive without water after three days. The main reason why you have to drink water throughout the day is because you will lose a lot of water from your daily body functions, through sweating, breathing, talking, and urinating.

It does not matter what kind of climate you are in; you will always need to drink plenty of water. For example, if you are in a hot and humid climate, you would

need to drink plenty of water to stay cool in order not to get dehydrated. In a cold climate, you would lose a lot of water through frequent urination, which means you would need to drink plenty of water to replace it.

How many glasses of water do you need to drink daily?

The best way to know how much water you need to drink is to take your total weight in pounds and divide it by two; that is how much water you would need to drink in ounces per day. For example, if you weigh 200 pounds, then you would divide it by 2, and you would get 100. In this case, you would need to drink at least 100 ounces of water daily. If you want to know how many cups of water you should be drinking, take the total amount of ounces and divide it by 8, because a cup has 8 ounces. For example, if you take 100 and divide it by 8, then you would get 12.5 cups of water.

Remember to re-calculate your water intake as your weight changes. If you gain weight you need to drink more water. If you lose weight you would need to drink less water.

15. Drink water frequently

You should be drinking water throughout the day and not waiting until you are thirsty, because thirst is a sign of dehydration.

A good way to make sure you get enough water throughout the day is to drink at least one cup of water every hour or two. In addition, make sure to drink your water evenly throughout the day. For example, do not drink too much water in the morning and then not get enough in the afternoon and evening. Also, you should not be drinking too much water in the afternoon or evening and

not enough water in the morning. It is important to keep your water intake in balance, like you do for your food intake.

Also, you should drink 1 cup of water before you go to bed because your body needs water while you are breathing, moving around, breaking down and absorbing your food, and repairing and recharging your body's wear and tear during your sleep. Remember too that it is important to drink at least one cup of water when you wake up to replace the water your body used as you slept.

16. Exercise

Exercise is very important because it help your body become strong, flexible, and provide you with the energy and strength to become productive throughout the day and life.

Benefits of exercising:

- Build muscle mass
- Strong heart
- Prevent and cure diseases such as diabetes
- Lower blood pressure
- Raise high-density lipoprotein levels (HDL), which is the good cholesterol
- Lower low-density lipoprotein level (LDL), which is the bad cholesterol
- Improve blood flow
- Reduce the aging process (health and medical experts say that exercise is “the closest thing for anti-aging process”)
- Weight loss

How often should you exercise?

According to fitness and health experts, you should get at least 30 minutes of moderate exercise daily. The body needs exercise to keep fit in balance and for all of your organs to function properly. There are four types of exercises that you should strive to do throughout the week to get the maximum benefit from exercising.

Endurance

Endurance exercise is also called aerobic exercise. This type of exercise will help to keep your heart strong. Activities that are considered endurance are exercises keep the majority of your body moving. Some example of endurance exercises are walking, jogging, Zumba classes, or any activity that moves your whole body.

Strengthening

Strengthening exercises build your muscles to help you become a stronger person. You can use free weights or your own body weight to strengthen yourself, which is also called resistance training. The more muscles you have, the higher your metabolism rate is to help you burn fat quicker. That is why men tend to lose weight quicker than women—because they have a higher lean muscle mass.

Balancing

Balancing helps to build leg muscles to prevent you from falling or having other accidents. A simple balancing exercise is to practice standing on one leg and then switch to the other.

Stretching

Stretching will keep your body flexible and prevent your body from twisting so you can move around easily.

17. Exercise correctly

Even though exercise is a great thing to do, exercising incorrectly will not give you the benefits you want. For example, you can exercise for 20 minutes correctly and receive more benefits than by exercising for 60 minutes incorrectly. **It does not matter how much you exercise incorrectly; you will not get the benefits you want.**

A common example of exercising incorrectly is when people over train, meaning that they exercise more than they are supposed to. It does not matter how positive something might be, the body can only handle so much at one time. If you over train your body, you will have injured your body and put your health at risk. If you end up over training yourself, make sure to start exercising again slowly and correctly.

It is important to learn how to exercise correctly. Today, many people quit exercising because they do not receive the benefits that exercise can provide as they are exercising incorrectly.

18. Create your own exercise routine

One way to increase your motivation to exercise is by creating your own exercise routine. There are many ways to exercise correctly that will give you the same benefits as other exercise routines.

If you have tried out an exercise routine and it did not work for you, create a different one. Keep trying new routines until you find the right one for you. **When you have the right exercise routine you are more likely to want to exercise because you created it yourself.** As a human being, anything that you put time and effort into, or

when you have created something, the more motivation you will have compared to when you just copy someone else's exercise routine.

If you need help getting started, just do a simple online search on different websites, read fitness books, or ask others who have a background in or expertise in fitness to help you get started. As you learn and create your own exercise routine, you will start to see what exercise routine fits you.

Remember, it does not matter what you want to do or create, anything is possible with today's unlimited access to information. Today, we are in the information age, which means whatever information you want or need is available to you. You just need to get started.

19. Exercise is not only for weight loss

Many people still believe that the main purpose of exercising is for weight loss. However, weight loss is merely one benefit. **Exercise improves your all-around health.** When you understand that exercise is not just for weight loss, you will have more motivation to exercise because the many benefits of exercise can motivate you. To increase your motivation to exercise, do your own research on the benefits of exercise. You might be surprised by some of the benefits that you learn about. Today, you will mainly hear about the benefit of weight loss through exercising on the news and media, but not the other great benefits. It has been discovered that exercise can provide many physical, mental, spiritual and emotional benefits. The more you know and understand about how exercise can help you, the more motivation you may have.

20. Replace your workout shoes

It is important to replace your workout shoes because they will wear out after a certain amount of time, which will decrease the effectiveness of your workout and could increase your chance of being injured. **Fitness experts suggest replacing your workout shoes after 500 miles of use or between 3-5 months, depending upon the intensity of your exercises.**

If you do not replace your workout shoes after they are worn out, you will not have a good workout. Sometimes it is not the way you exercise that causes you pain, but the worn-out shoes that you are wearing. Researchers have discovered that worn-out shoes can cause pain in multiple places, such as your feet, ankles, and your legs may cramp when you wear them.

Then it would be more difficult for you to exercise because your workout shoes would not support your feet, which means you would not receive the full benefit from your exercise. You do not want to put the time and hard work into exercising and not receive the benefits because of your worn shoes.

21. Focus on your breathing

Whenever you need an instant relief or energy, focusing on your breathing will do the trick. **Stop, and breathe in and out, slowly and deeply.**

For example, when you are feeling stressed or tired and need to calm yourself down before a meal, focusing on your breathing will help you to feel better so you can enjoy your meal more. Or, when you are out of breath or breathing hard during exercising and want to gain more

energy to keep on moving forward, breathing in and out deeply will give you more energy.

Depending on the situation, sometimes you may only need to breathe in and out once, while other times you might need at least three or four repetitions to help calm yourself down or to receive more energy.

Here is the rule of thumb. If you are a beginner, try to focus on your breathing at least three times every time you need to calm yourself down or need more energy. As you keep on practicing, your breathing will come more easily and naturally and help to calm yourself down in the future without having to force it out as much as compared to the beginning.

22. Challenge yourself

It is important to challenge yourself with your exercise. When you exercise and your body is used to the same routine over and over again, it will not provide you as many benefits anymore. **You have to do something different to force your body to change and grow.** In addition, when you challenge yourself to do a new exercise routine, you will feel better and happier.

Here are three ways to improve your workouts:

Frequency: If you work out once or twice a week, you could increase to three or four times per week.

Intensity: If you run on a treadmill at the speed of 3, you could increase your speed to 4 on your next workout. If you use weights, you could increase the amount of weight.

Duration: If you work out for 20 minutes, you could increase it to 25 or 30 minutes.

Make sure to increase your workouts gradually. Do not get frustrated if you think your workout routines are not increasing as quickly as you hoped. Even if you can only run an extra 20 to 30 seconds or add an extra pound of weight, that is much better than trying to do too much and injure yourself, which would not increase the benefits of your exercise.

23. Get enough sleep

When it comes to physical wellness, many people only think about eating and exercising. However, getting enough sleep is another important component in achieving physical wellness. **An adequate amount of sleep helps to eliminate body toxins, break down food so you can use its nutrition, improve your immune system, decrease physical pain, and there are many more benefits.**

How much sleep do you need?

The amount of sleep you need depends on two factors: the state of your well-being and your age. People who have special conditions such as pregnancy or illness need to sleep more to get more energy to function well. For people who have no special health conditions, the amount of sleep mainly depends on their age.

Infants need generally around 16 hours of sleep each day. Children between one and five years old need about 10 to 14 hours. As children get older, their hours of sleep will decrease by one to two hours. Infants and children need more sleep because they are more vulnerable to illnesses and infections because of their weak immune systems.

When children reach the teen years they need about nine hours' sleep on average. It is important for teenagers to get enough sleep because their brains develop rapidly to

become adults. For adults, seven to eight hours a night is the recommendation.

Sleeping is not about lying in bed, it is about getting deep sleep where you are truly sleeping and you are not aware and do not know what is happening around you. If you wake up and feel tired, you did not get enough sleep. **You should feel refreshed and alert, ready to start the day after you get enough sleep.**

24. Health is a lifestyle

Achieving and maintaining good health is a lifestyle, which means you have to apply healthy habits throughout your life. For example, whatever you did to achieve your good health, you would need to do the same things to maintain that good health. The moment you stop

applying healthy habits is the moment your health will start to deteriorate.

Your health does not stay the same. It either gets better or gets worse. For example, your health is like a tree. If you water your tree daily, it would become strong. However, if you stop watering your tree it would become weak. Even when the tree reaches a point when it does not grow anymore, you would still need to water it daily to make sure it does not die. If you do not water your tree for one day, its lifespan would decrease down to 99%. If you do not water your tree for two days straight, it would decrease down to 98%. Even though 98% is still good, the tree is still dying slowly. If you stop watering your tree, it would soon die.

It is the same with your health. Even though you might reach the health level that you want, you still have to continue applying healthy habits if you want to maintain

your good health. For example, if you ate five servings of vegetables daily to reach your good health, you would still need to eat that same amount of vegetable to maintain your good health. However, if you only eat four servings of vegetables after you reached your health level, your health would start to deteriorate. If you completely stopped eating vegetables, your health would soon be very poor. That is why good health is a lifestyle.

25. Do not wait until you are weak

It is important for you to take care of yourself when you are healthy and not wait until you are weak or get sick to start taking care of yourself. By that time, it could be too late.

First, it takes less time, energy and money to take care yourself when you are healthy as compared to when

you are sick as it takes more time, energy and money to cure or treat something.

Second, it is more enjoyable to take care of yourself when you are healthy compared to when you are sick. Even though you might have to do certain things that might not be as enjoyable, such as eating your vegetables or exercising when you are healthy, those things are more tolerable and enjoyable than when you have to do things such as taking medication and getting a lot of rest; they might prevent you from doing things you enjoy in order to recover from your sicknesses. In addition, the negative feelings that you would experience when you are sick are not good feelings to have.

Most importantly, if you take care of yourself when you are healthy, you will receive a lot of benefits, such as more energy, better focus, happiness, and others compared to when you are sick.

26. Know your health purpose

Each us has a different reason to achieve good health, and it is important that you know your reason. For example, some of the common reasons why people might want good health are to gain more energy or focus, or to live longer. Even though you might want to have all of those benefits, one benefit would be the most important. You have to figure out which reason is the strongest for you.

When you have the right reason for being healthy, you will have more motivation and persistence to move forward when you hit roadblocks and/or setbacks. No matter what you want to achieve in life, you will encounter roadblocks or setbacks in one way or another. However, it is not the roadblocks or setbacks that will determine how successful you become—it is your motivation and persistence in moving forward. You might

often have heard that the best motivation comes from within you. One way to be motivated is to have the right reason for it.

27. Find the benefits

When you have trouble experiencing joy and happiness in your daily health activities, try to find the benefits of doing those activities. Everything has benefits, and there might be benefits that you are not aware of until you learn about them.

Good health can provide you with many benefits beside the physical benefit. For example, do you know that the number one cause of mental retardation is malnutrition? Nutrition has a big impact on your mind and many other areas of your life that you might never learn from the media, the Internet, school, or from people you know.

When you focus on the many benefits of your health activities, they will become more enjoyable, or at least tolerable, when you do them.

If you have trouble doing a health activity, take some time to research the benefits of doing it and write them down so you can revisit them and reinforce your reason for doing them. **The more your mind can see the benefits, the more enjoyable the activity will become.**

28. Keep moving forward

It does not matter how good or bad your health is, or how many missteps you have made, remember to keep on moving forward. Health is not a destination but an ongoing process of applying healthy behaviors. **Always try to find new ways to improve your exercise routine,**

eating habits, and sleeping pattern to improve your health.

If you do make a misstep, find out where you made the mistake, learn from it, and keep on moving forward. Do not think that you are not meant to develop certain habits or achieve certain health benefits because you have had a failure or made a misstep. Remember that it does not matter what you want to achieve, you will most likely have missteps or fail one or two times before you become successful.

You have to remember and believe that there is no perfect plan or process. It does not matter how well you plan something; you will most likely have to fix or change something on the way to success because life is not perfect. If you allow a misstep to stop you from moving forward, most likely you will never become successful in achieving good health.

29. Be around healthy individuals

One way to motivate yourself to become a healthier person is to surround yourself with healthy people. You will learn from and be exposed to their healthy habits. **The more you are around healthy people, the sooner you will start to develop the same healthy habits as them.**

Also, when you are around healthy people, you can learn from them and come up with your own creative ways to stay healthy. For example, each of us lives a different lifestyle that requires a different way of eating and exercising. When you are around healthy people you can get ideas from them to create your own ways to eat and exercise well.

30. Listen to your body

Your body sends out signals to help you take care of yourself and improve your health, so do not ignore them. For example, when you are hungry or full, your body sends out a signal to eat or stop eating. When your body is in pain, it sends out a signal for you to take care of the pain. However, when your body receives everything it needs, it will be satisfied and there is no need for it to send out any signals.

Learn to trust your body. Your body does not send out a signal for no reason.

For example, when your body is tired and out of energy, your body would send out a signal that it is tired so you can do something about it to recover your energy level. Some of the common reasons why you might be tired are a lack of food, water, exercise, rest or sleep. In this case, think about which area your body lacks and try to provide

your body with it. For example, if you believe you have already had enough healthy nutrition, think about what else could be lacking. Is it water, exercise, or sleep? Try to provide your body with it to recover your energy.

31. Control your stress

It is important that you learn how to control your stress and negative emotions. **A high level of stress is known to shut down your digestive system and prevent your food from digesting and being absorbed into your bloodstream.** When food is not digested and absorbed into your bloodstream, it is converted to fat. In addition, stress can also increase your craving for very sugary or fatty foods.

Whatever is causing you to feel stress, it is important to manage or solve it as soon as possible and not

let it escalate and become a bigger problem or chronic stress. The more you avoid your problem the higher your stress level becomes, and the higher the chance is that it could become a chronic stress that would decrease your health dramatically.

Also, the hard work that you might put in to eating nutritiously or exercising well would be thrown out of the window because your stress hormones prevent you from receiving the benefits from your healthy eating and exercise.

32. Increase your self-esteem

Having good self-esteem is important to creating and maintaining good health.

First, since each of us is born with a different body and lives a different lifestyle, which means each of us needs to develop different eating habits and exercise routines. In addition, sometimes you might have a health condition that requires you to eat differently than other people. However, if other people see you eating differently than the common norm, they might start to criticize you. In order to block out the criticism and negative influences, you need to have good self-esteem, to believe in yourself, and believe that the way you eat is correct for your body, lifestyle and/or health condition.

Another example would be how much you and others exercise. Even though you might exercise less than another person, it does not mean your health is poorer than the other person's. Sometimes the other person might need to exercise more because of their lifestyle or a health condition that you might not know about. In this case, you should not put yourself down when you see others who

exercise more than you because you might not need to exercise as much as them to achieve good health. **Good self-esteem helps you to believe in yourself, and to believe that what you are doing for your lifestyle and health is good enough and that you do not need to copy others.**

By building your self-esteem, you will not be afraid to be different, and you will be able to focus on your own body, lifestyle and health.

33. Check your sources

Today, in the health field, there is a lot of mix and match information, and it is important that you get your information and facts correct before you make a decision. In addition, with today's easy access to information and the

freedom to post and write almost anything, people can post anything they want.

Before you make a decision or choose to believe in something, make sure you do your own research. Do not believe in someone else's word at face value, such as from an article you have read or a broadcast on television. Once you allow yourself to believe in something, it is more difficult to change your opinion later.

In addition, the more you do your own research, the more confident you will become because your decisions and beliefs will have come from your own work and not from someone else.

34. Tracking your health

In addition to going to your doctor, you can also monitor your own health at home.

The best way is to check your resting heart rate.

You want to check your resting heart rate once a week. Pick a day and time that you can stick to on a regular basis. For example, if you choose to take your resting heart rate on Saturday morning before getting out of bed, stick to that day and time and do not switch it around. The main reason for this is because your resting heart rate changes throughout the day and the week when you are doing different activities.

To take your resting heart rate, take your middle and index fingers and find your pulse on your neck or wrist. Do not use any other fingers, only your middle and index fingers. That is an important thing to remember. After you find your pulse, count the numbers of beats during 10

seconds, then multiple it by 6 to get a total of one minute, which then becomes your resting heart rate.

When your resting heart rate decreases over time, your health is improving. Your heart rate should not be pumping fast during resting periods because you are not doing any intense activity. According to health experts and doctors, your resting heart rate should be between 50-60 beats per minute.

If your resting heart rate is too low, it could mean that your heart is not getting enough oxygen to pump fast enough, which is not a good thing. If your resting heart rate is too high, it could mean you are putting too much pressure on your heart, such as from a high level of stress. If your resting heart rate is too low or high, it is important to check with your doctor.

35. About the author --- Mykim Tran

Mykim Tran is a personal transformation expert, speaker, educator, life coach, and author. She seeks to help transform individuals to become the best version of themselves and in reaching their full potential. Mykim is a national best-selling author of *Self-Esteem Building: How to live your life as YOU* and other self-help books on life and happiness topics such as self-confidence, goal setting, stress management, health and wellness, and career development. Mykim is the founder and CEO of Wake-Up Foundation, a non-profit agency, in transforming individuals to become social change agents to promote stronger communities. Mykim is a certified Recovery Coach. She received her bachelor's degree in Media Communications from California State University of Sacramento, and her master's degree in Psychology at Walden University. She is currently a PhD student at

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