

Budgeting Tips for a Healthier Lifestyle

(Family Features)

From the cost of gym memberships to prepping healthier meals, living well can be expensive. Before you abandon your goals for a healthier lifestyle, consider these tips that show you don't have to overspend to live a better life.

Plan Your Meals

An impromptu visit to the grocery store inevitably ends up costing more than a well-planned trip. Get organized by planning your meals and grocery list ahead of time to help save money and find ways to use healthy ingredients across multiple meals. Plus, preparing meals at home helps ensure you can eat the foods you want, rather than settling for something because it's the only sensible option on the menu at a restaurant. Another option is taking advantage of the premeasured portions of healthy meal boxes, which can help you skip the prep time and avoid wasting unused groceries.

Weigh Your Workout Options

A gym membership may be a tempting investment when you're trying to commit to a get-fit regimen, but it's not always the smartest move money-wise. If you can discipline yourself to use it, investing in at-home equipment may be a better long-term buy. There are also plenty of ways to add exercise at no cost through activities like running, walking or practicing yoga in your living room.

Invest in Rest

Eating better and increasing physical activity are important aspects of a healthy lifestyle, but so is giving your body a chance to rest. Quality sleep lets your body and mind heal and rejuvenate from everyday activity, and better sleep is likely to reduce your stress level while improving your mental function and mood. There's no better way to show yourself some love than with a good night's rest, but according to research from Mattress Firm, 35 percent of Americans report their sleep quality as "poor" or "fair."

Additional research shows that 64 percent of people experience improved sleep quality after investing in a new mattress. As the nation's largest bedding retailer, Mattress Firm's purchasing power translates to affordable prices and a wide selection of mattresses and bedding accessories, which can help you stretch your budget further. Find more sleep tips and budget-friendly ideas at TheDailyDoze.com.



Rethink Checkups

When it comes to medical care, office visits can add up. If you just need basic medical attention such as a checkup, a physical or a remedy for a common illness, a retail clinic may be a more cost-effective option than a traditional doctor's office. Many insurance carriers offer an incentive for retail clinic visits by offering discounted co-pays, or if you're paying out of pocket, the retail clinic can be a big money saver.

A healthier lifestyle requires commitment and hard work, but as these tips prove, creating a better life doesn't have to mean overhauling your budget.

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Source: Mattress Firm

Reimagine a Creative Breakfast



(Family Features)

Mornings for many people start with snoozing, scrubbing and hustling in a rush to get out the door on time, making it easy to fall into a rut when it comes to breakfast. From grabbing a cup of coffee or breakfast bar on-the-go to eating the same cereal every day, your morning meal could benefit from a little imagination.

Break from the mundane and reimagine breakfast for something a little more creative in the mornings. Upgrade bland breakfast toast with unique toppings and flavor combinations, like Peanut Butter, Bacon and Banana Toast. The smokiness of Smithfield bacon pairs perfectly with the sweetness of peanut butter and banana for a flavor-filled breakfast. Available in a wide variety of flavors and cuts, like Cherrywood, Thick Cut and classic Hometown Original, it's smoked and cured to perfection so you can incorporate it into breakfast recipes all week long.



Better yet, you don't have to wake up early or spend hours in the kitchen to have a scrumptious start to your day.

With an easy option like Smithfield Anytime Favorites Ham, the work is done for you so you're well on your way to a wholesome breakfast in minutes. This Ham and Blueberry Toast can be the fresh take your morning needs.

For more creative and filling breakfast ideas, visit Smithfield.com.

Ham and Blueberry Toast

Servings: 4

- 3/4 cup cream cheese
- 1 cup blueberries, divided
- 4 slices sourdough bread
- 1 cup Smithfield Anytime Favorites Hickory Smoked 8-ounce Boneless Ham Steak, cooked and cut into cubes
- 1/4 cup pistachios
- 1/2 cup microgreens

In food processor, blend cream cheese and 1/2 cup blueberries until smooth.

Toast bread until brown. Spread with blueberry cream cheese mixture. Top with ham steak cubes, remaining blueberries, pistachios and microgreens.

Bacon, Peanut Butter and Banana Toast

Servings: 4

- 4 slices whole-wheat toast
- 3/4 cup peanut butter
- 2 medium bananas
- 1/3 cup shelled pistachios
- 4 slices Smithfield Cherrywood Bacon, cooked and cut into pieces

Toast bread until brown. Spread with peanut butter.

Cut bananas into thin slices and place on top of peanut butter. Sprinkle with pistachios and bacon pieces.

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Source: Smithfield