



Making healthy eating, physical activity a lifelong habit

By Kim Jacobs
To the Blue Mountain Eagle

It's that time of year again when friends, family members and coworkers start making sudden, radical changes to eating habits, such as eating nothing but cabbage soup.

These radical changes are neither healthy nor a good idea, and won't be successful in the long run. Healthy eating is not about strict dietary limitations, staying unrealistically thin or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, improving your overall health and stabilizing your mood.

Here are a few simple tips to make healthy

Simple tips to improve your health

eating and physical activity a lifelong habit:

Accept the need for change

You must take responsibility for your current state of health. No matter what may be holding you back (no time to exercise, depression, fatigue, cocktails after work or poor eating habits), it's up to you to make the

changes now that will positively affect your health in the future. The only person that can change your life is you.

You have to move it to lose it!

In today's world of conveniences, we have to go out of our way to burn calories. If you do activities you enjoy, you'll be more likely to keep it as part of your lifestyle. Just like brushing your teeth and combing your hair, working out must be part of your daily hygiene, and you must make the time for it. Block out some time on your schedule most days of the week.

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