

20 Tips for a Healthier You - Part 3 of 5

by Tonja K. Taylor (posted on FFB April 13, 2015)

I am not a dietician, nor a doctor, nor a nutritionist, but I started praying years ago that the LORD would give me wisdom about how to take better care of my body, and I have learned many things (some the "hard" way, by experimenting on myself and my family!) about nutrition, fitness, and health. I'm far from an expert, but these things have helped us, and others who've taken my advice, to be more healthier.

There are many things you can do to become healthier, that are not hard and don't require lots of money or equipment. In the last article, we covered the first four ways:

- 1. Eat less, more often**
- 2. Eat more than just "breakfast food" at breakfast**
- 3. Use olive oil or sunflower oils for cooking**
- 4. Eat organic as much as possible**

In Part 2, we covered point five through eight:

- 5. Take good supplements daily, or at least a few times a week**
- 6. Drink good filtered water**
- 7. Drink cocktails (made of apple cider vinegar, honey, and water)**
- 8. Substitute agave nectar, honey, and/or stevia for sugar**

Now let's cover four more points to help you be healthier.

9. Get up from your chair or couch at least a few minutes every hour.

I know it sounds simple, but with most of us working on computers, we can get really involved and forget to get up until we have an ache in our neck or back or head or something.

I had to visit a chiropractor for a few weeks and he recommended not only getting up at least every hour for a few minutes, but also looking up a few seconds, with every five minutes that passed. I do these things and they certainly help me feel better and not get stiff or cramped.

10. Exercise by walking or doing another activity you enjoy.

Yes, you've heard this for years, from many sources. That is because it works! Just because something is simple doesn't mean it doesn't work, although our human tendency is to think something's not worth much if there's not much

effort. (This brings up the point that, although God makes it very easy for us to receive Salvation--the fullness of what Christ Jesus did for us on the cross--it was unspeakably, unimaginably the hardest thing anyone has ever done in the history of the world, for Jesus, Who operated as a man on this earth, to take on our sin, sickness, and every bad thing, and die on the cross for us. But the Word says He did it for the joy set before Him. So if He can do all that for us--and part of why He died is for us to live healthy and strong!--then surely we can do a few simple things to help us be a better steward of the gift of our bodies and minds!)

Speaking of getting up, why not take a walk around the building? Or park as far away from the store as you are comfortable with and walk, then walk around the store quickly. Besides saving time, you'll be revving up your internal engine.

There are many ways to exercise, but besides walking, I have found that using a rebounder (mine is a Cellerciser, which is much more than just a trampoline) is excellent. There is no jar to my body, and besides having fun bouncing (Tigger in the Winnie the Poo cartoons must have been on to something!), I am oxygenating my blood and also quickly toning my body. I've noticed that my metabolism has increased, because I get hungrier more often (which goes back to number one in this series).

11. Get fresh air.

Another simple but effective point! I've noticed that, even working at home, I need to at least open the door every few hours, just to breathe some fresh air. Especially with heating units in the colder months, it is important to get a few gulps of fresh air. This can also help wake you up if you tend to get sleepy when it's warm, or when there is less natural light.

12. Make a point to get a few minutes of natural light every day.

I am blessed to live in the south, where there is sunshine most of the year. However, fall is here and the natural light is less, so I've started turning on more lights in the house. I also use bulbs that are at least 60 watt, which is just my preference, although I actually prefer 75 watts or more!

I have been known, during some dark winters, to just go outside and sit in my car in my coat, to stay out of the wind but get natural light. You can do the same to a point by a window, of course.

There are also special lamps that emulate natural light that one can buy.

Next time, we'll cover 4 more points that will help you be healthier!

