

# STAYING IN GOOD HEALTH



Get the first ten minutes of your day right, expose yourself to as much light as possible, even if the sun is not up. Light of the morning has a biological stimulating effect, it doesn't matter if your eyes are closed. It is how our internal clock knows it is time to start our day. Consistency is our key, stick to your routine, research has shown consequences like weight gain, and even a higher risk of heart disease can arise from an unstable wake-up schedule. So please find a wake-up schedule that works for you every day of the week, however an hour or two difference in time is fine for the weekend.



Food needs to be on schedule also, the time of our meal should also stay consistent throughout the week. Have your biggest meal in the morning, for lunch make it a smaller meal, and an even smaller meal for dinner. Do your best to try not to eat no later than 9pm, by the way, research does suggest eating close to your bedtime can disrupt the quality of your sleep.

As we all know exercise is an excellent way to boost your immune system, why? it builds muscles. However, when you are experiencing the flu or a cold it is not good to exercise, it can make things much worse.



Sometimes we all need to slow down to take care of ourselves. Meditation is one of the most effective feel-better techniques out there. Can relieve muscle tension, relieve mental stress, make you feel confident, to handle whatever may come your way. Do, understand spending some time on your mat, will benefit your heart, brain. And your bones. Yes, yes yoga does all of these things simultaneously, says Timothy McCall, MD. Even 10 to 20 minutes a day is valuable to turn stress, anxiety into better health with more happiness.





My dear friends I say to you, LET IT ALL GO do you hear me, LET IT ALL GO, before you go to sleep. Going to bed angry can only ruin your next day, and also your foreseeable future. The people who let negative emotional responses to stress be carry to the following day are more likely to have health problems with physical limitations years later. Before you go to sleep grab a sheet of paper, write down any negative feelings, try to come to terms with them before you go to sleep.

I sincerely hope this will help you live a healthier longer peaceful happier life

May your workout be all that you want it to be.

Humbly yours Paul Earl

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META TITLE STAYING IN GOOD HEALTH

META Description Information given to stay HEALTHY mentally,

physically, and emotionally.