

Five Things Healthy People Do Differently

We all know at least one or two people who are super fit and never seem to get sick. They always seem to be really happy, too. But how do they do it? Were they born that way?

The short answer is no! Healthy people have some rules they live by, even if they don't consciously follow them. So what are these rules?

They Enjoy Exercising

Healthy people love to exercise and have exercises or sports that they really enjoy doing. As a result, they keep doing exercises because they like to, not because they have to. When we try to do exercises we don't like doing, the lifestyle change never lasts long term. Try to find an exercise or sport that you actually enjoy. That way you will look forward to it rather than dread it.

They Eat Bad Foods In Moderation

Many people think healthy people never eat any "bad" food. While this may be true for some, it's not true for everyone. But healthy people have a different definition of "bad" food. They don't drink conventional sodas and eat GMO corn chips, but they may have a sweet snack or a dessert once or twice a week, compared to others who eat junk food or sugary snacks once or twice a day. Try to make sure your meals and your snacks are healthy. Over time, you'll elevate your definition of junk food, too.

They Eat Healthy Snacks

Snacking on junk food can cause all sorts of damage and contributes to weight gain. Healthy people make sure they eat

healthy snacks and prepare them ahead of time. They eat snacks such as raw nuts (unsalted and unroasted), fresh fruit, and cut up vegetables (eg. celery and carrots). Try and plan ahead when it comes to snacks, and the next time you are at the grocery store, shop accordingly.

They Drink Plenty Of Water

Water does so many good things for your body. Keeping hydrated helps your skin and hair look great. It's no wonder healthy people always seem to look great. They drink plenty of water and don't drink sodas. Sodas are full of sugar, and don't think diet sodas are any better. Diet sodas are filled with extra chemicals and terrible artificial sweeteners. Don't be drinking plenty of fruit drinks such as orange juice either. Why? Have you ever thought of eating 30 oranges in a row? No? Well that's pretty much what you're doing when you drink a glass or two of orange juice. It's a lot of sugar! Some fruit drinks are also full of other nasty ingredients. Try drinking water and herbal teas. Or check out this recipe for cranberry lemonade with stevia.

They Go To Bed Early and Are Early Risers

We all know that sleep is an important part of life. But healthy people know just how important it is to get at very least 7 hours of consistent sleep every night. They go to sleep earlier and get up much earlier even on their days off. And then, they tend to exercise first thing in the morning. Exercising in the morning has great benefits and can make us far more productive during the day.

Have you changed anything in your life that has made you healthier? Whether it is your diet or exercise regime, or a sport you love. Post your changes in the comments below.