

# Healthville

It is a place for you

Tired of living unhealthy? There are proven secrets that will help you live a healthier lifestyle. Start by implementing these ten.

1. **Drink more water.** I know, I know you have heard it all before. So do it! We are bombarded by colorful sugary drinks, smoothies, juices and sports drinks. They all have too many calories. Choose water when quenching your thirst.
2. **Walk the distance.** Choose to park at the end of the parking lot and take the stairs. You'll be surprised how many steps it adds to your day.
3. **Have a plan.** Start by writing down your overall plan that you want to achieve. Write down when you'll exercise and what you eat. Without committing to your goals on paper, you'll ultimately lose track and fail.
4. **Partner up.** Choose to workout with a spouse or friend. The accountability will provide more motivation and structure.
5. **Splash water.** When you wake up in the morning splash cold water on your face. It will revive and wake you up!
6. **Don't push it.** This mentality of "no pain no gain" is misleading. People start off with good intentions, overloading their muscles that they haven't used in a while ultimately leading to discouragement because of the soreness. If you go it slow you'll allow yourself to work into it. You'll build confidence and learn proper form.
7. **Don't assume the labels.** "Low-fat" does not tell you about the calories. You need to pay attention to the calories you consume if you want to lose weight and keep it off.
8. **Say no to white sugar.** We all know sugar is bad for us right? But why is it really bad? Insulin regulates blood sugar & if your blood sugar is high after a high carb/sugary meal, insulin levels have to rise to counteract this. This is when you feel sleepy or even hungry again. This eating habit can become very addictive, leading to much weight gain. Generally speaking, keep your meals to about 500 calories and 35% protein, 45% carbs, and 20% fat. These take about 2 hours to digest. Conversely, 1500 calories of pizza could keep your blood sugar soaring for more than 6 hours. We will dive into this subject next month. Please stay tuned.
9. **Support each other.** If you have a successful healthy lifestyle, share it. Support is a key to dropping weight and keeping it off.
10. **Try again.** If you have taken a break from exercise, start again. Laying off exercise can cause mounting calories adding unwanted fat.

Visit Healthville today. Make a personal commitment, support each other and enjoy a healthier lifestyle. See you soon!

*The Orange Planet Athletic club is committed to teaching everyone about a healthier lifestyle. Article provided by David Charleston, owner of The Orange Planet, 5650 Metro East Dr. Pleasant Hill, IA. [TheOrangePlanet.com](http://TheOrangePlanet.com)*