

## Healthy Lifestyle Tips

*Those who don't make time for their health will sooner or later have to make time for their ailments.*

It's hard to be happy or successful if you are, quite literally, sick and tired all the time. Living a healthy life provides the energy to do what you want to do and what you need to do to live a great life. The following simple tips have been compiled to remind you of the key principles of healthy living.

- 1. Exercise regularly.** Even a short walk and taking the stairs each day can help. The more activity you do the healthier you will be. The healthier you are the more energy you'll have. Ideally, engage in some form of appropriate, strenuous exercise at least 4-5 times each week.
- 2. Eat a balanced diet.** As with exercise, a healthy diet will help provide you with the energy and zest you need to lead a really great life. There are many good sources of nutritional information available but in very simple terms, eat more fruit and vegetables, and fewer foods that are high in fats and salt.
- 3. Minimise caffeine intake** (and ideally avoid altogether after about 4.00 p.m.). As well as coffee, this includes tea, and most of the "soft" carbonated "fizzy" drinks that also include large amounts of sugar.
- 4. Avoid excessive alcohol.** Although moderate amounts of alcohol have some advantages for health and wellbeing, excessive alcohol consumption is definitely not good. So stick to the safe drinking limits of 2-4 standard drinks for men, and 1-2 standard drinks for women, with at least 2 alcohol free nights each week (note: a standard drink is much smaller than most people think!).
- 5. Ensure you get enough sleep and rest.** Most people realise that diet and exercise are important for health but many don't realise how crucial good sleep is. If you don't wake up refreshed and energised most mornings then seek help for this very treatable problem (see "Sleep Tips" handout). In addition, regular meditation or relaxation can provide enormous benefits for most people, as can taking time out on a regular basis to engage in pleasant and enjoyable activities.
- 6. Address the pressing issues in your life.** If you have problems at work, problems with your partner, or anything that might cause you to feel stressed or worried, sorting them out is vitally important. If you are depressed or anxious, seek professional help. Remember, there are effective solutions for these problems.

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