

Ten Things You can do to Improve Your Health

Most of us make a health resolution some time or another in our lifetime such as to quit smoking, join a gym, and lose weight. It is very common for us to set high goals, but according to experts making small goals can do more for our health. According to James O. Hill, small steps or goals are more easier to achieve and fit into your daily schedule.



Below are ten goals you may want to try or been thinking of:

1. Stop gaining weight. Stop at your ideal weight that is healthy. Adding on a pound or two every year can add up, so stop gaining weight.

2. Take more small steps. You can use a pedometer to help you count your daily steps. Then add 2,000, the same as one extra mile. Continue adding one thousand to two thousand steps each month or so, until you reach ten thousand steps on most days.



3. Try to eat breakfast every day. People who eat breakfast tend to have better diets and weigh less. For a filling and nutrition-packed breakfast, Try eating fruit slices and drink low fat or fat free milk.

4. Eat whole grain foods. The average American, eat less than one whole grain serving a day.

5. Eat at least one green salad daily. Eating a salad with low-fat or fat-free dressing may help you eat less during the main meal. It can also be a part of your five daily cups of vegetables and fruits.

6. Fat has a lot of calories, so cut the fat. Buy meats that are lean, try to eat poultry without the skin, eat lower-fat cheeses, and use a nonstick pan with only a tad bit of butter or oil.

7. Consume more calcium. Include two or three daily servings of low-fat or fat-free milk or yogurt. Calcium is great for stronger and healthier bones and may also help you lose weight.

8. Eat smaller portions. The smaller the plate or bowl, the less you will eat.

9. When you lose weight if you need to, the health benefits are great and include lower blood pressure, blood sugar,

cholesterol and triglycerides.

10. Journalize or take note of what you eat over the next few days and look for areas you need to work on. Often, just writing things down can help you eat less.

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