



Top 7

Healthiest Habits for Mom

Your health and wellness are often neglected during the daily rounds of school runs, laundry pick-ups and toddler tantrums. Even for moms firmly committed to becoming healthier, it is hard to assess how to achieve the best results. If you are determined to take your health into your own hands, feast your eyes on seven healthy habits and start to look and feel fantastic!

1 ENJOY FUN EXERCISE

Exercise really is crucial to your physical and emotional well being. Don't panic – the word “exercise” is not necessarily synonymous with pounding away on a treadmill for hours. Joining a sports club or taking a yoga class can reduce your risk of contracting heart disease, diabetes, cancer and high blood pressure in the long term. In the short term, exercise can help you make new friends, reduce your stress levels, and improve the appearance of your body.

2 GET YOUR JOURNAL OUT

According to the Healthy Living Journal, journaling is an excellent way to reduce stress and anxiety, along with helping you plan short, medium and long term goals. Maybe you are looking to learn a new skill or lose some weight. Writing in your journal regularly will give you the opportunity to chart your progress, and it also builds your self esteem as you look back at how far you have come. Journaling

of wellness benefits. Firstly, your metabolism will not spike and crash throughout the day, which means that you will have a more continuous supply of energy. Secondly (and more importantly), your body won't feel like it is starving, and thus, you will not be tempted to squirrel away fat reserves around your midsection.

4 MANAGE YOUR STRESS

Chronic or continuous stress has been implicated in a wide range of diseases and serious health conditions by research teams. Your stress levels also impact your whole family. Nim Tottenham, a neuroscientist at the Weill Cornell Medical School in New York, documented brain changes in the amygdala of children raised in stressful environments. These children had later problems regulating their emotional behavior. Managing your stress is not only healthy for you, but your children too.

doesn't have to be complex; it can be as simple as a pen and paper.

3 EAT MORE OFTEN

Splitting your usual three meals in half or eating small amounts of food every two or three hours provides plenty

5 GET ENOUGH SLEEP

It can be exceptionally difficult to achieve the eight hours of nightly sleep recommended by most health professionals, but it is well worth the effort. People who experience chronic sleep deprivation have been shown to have difficulty processing carbohydrates, and they also perform worse on memory tests and complex tasks. Sleep relaxes your body and mind and helps in stress management.

6 PLAN YOUR MEALS

Even with the best willpower in the world, if you are a busy mom, you will probably find yourself eating more junk food or fast food than you would like. This is usually a result of poor planning. Try to make a meal and healthy snack plan for the whole week and buy your ingredients in one trip to the store. More nutrients will enhance your energy levels and balanced pre-planned meals will help your waistline too!

7 EXERCISE YOUR BRAIN

Like all your muscles, your brain will atrophy if you do not use it constantly. Learning new skills, writing, solving puzzles or embarking on new adventures is guaranteed to make you feel good and bolster your self esteem. Find out what inspires you, where your individual interests lie, and enjoy a sense of mastery. Your emotional health will benefit as a result, and you will be less likely to feel overwhelmed and stressed. ☺