

**A BOUT SUCCESS FOR A
HEALTHY LIFESTYLE**

change
4 life

CHOOSE TO LIVE

IMPORTANT!



A healthy lifestyle is not achieved overnight, but we have to be consistent. You have to follow a good plan based on healthy habits. By doing this, our bodies and minds will get in to a rhythm that will eventually become second nature.

THE TOPICS OF THE DAY

1. Diet and sports
2. Calisthenics and muscle recovery
3. Nature and health
4. How to achieve a balanced diet
5. Zero waste
6. What is stress actually and how do you combat it?

A. 1. DIET AND SPORTS

Going to gym and different types of diet attached to it:

1. Doing your workout at the gym is consuming energy and nutritional values from your body, so when you are planning exercise you have to prepare good meal that will have enough vitamins and proteins.

2. If you're training on the gym professionally, like for bodybuilding sessions, you need a lot of proteins and small amount of fat, to build up your muscles and not get overweight.



There are few types of meats that have low amount of fat:

- From white meats, the lowest amount of fat is in chicken and turkey breasts,

If its roasted with little or none fat, its very good meal for professional bodybuilder.

- The best part of beef, which contains low amount of fat is Eye round. With good choice of meat you can keep your diet and taste a good seasoned beef.

3. If you're doing cardio workouts remember not to eat too much before you start excersising.

Intensive training like sprinting is setting your body on lot of pressure, so if you eat to much you will fell naseous and it later can be painful.



Here are some light foods that you can eat before cardio workout:

- Low oil, vegetable salad. It can be based on lettuce and tomatoes, the rest of ingredients are up for you until they aren't too heavy or have very long digestion time.
- You can eat also any fruits, they will give you sugar and vitamins for exercise but you will not get sick on the exercise after eating it.



2. CALICSTHENICS

Calicsthenics is a form of exercise consisting of a variety of movements which exercise large muscle groups. These exercises are often performed rhythmically and with minimal equipment, as bodyweight exercises. They are intended to increase strenght, fitness and flexibility, through movements such as pulling, pushing, bending, jumping, or swinging, using one s bodyweight for resistance.



Recovery

Don't overtrain. Once you're hurt, you need to recover. This is why you need to take a week off from working out, spending the free time on ice therapy, infrared light therapy and healing creams! There's no use in the further to be injured. Calisthenics athletes are bound to minor injuries especially. The constant pressure on your body, the tendency to workout on the bar and the dangerous exercises scream for possible injuries to happen. Only a recovered body is possible injuries to happen. Only a recovered body is possible to handle all the stress you put it through.



3. NATURE AND HEALTH

How we should spend more time in nature?

We are creatures of nature, so the natural laws that apply to animals - very well apply to us too. Yet we often see a modern person trying to avoid that connection. So what is keeping the common person of 21st century avoiding the settings that just hundred years ago were natural to him?

We can blame hectic lifestyle, work overload and high stress levels for that. Also modernization, technological development and the significant rise of comfort level in our lives are the reasons too. But nature has a lot to offer for our health.

Breathing quality forest or mountain landscape air cleanses our whole body, lungs, oxygenates the blood, thus providing all of our tissues with the vital nutrients and oxygen. Research is showing that modern person is severely lacking time spent in nature.

That is a problem because the evolution process adjusted our bodies that optimal human life needs movement. And if you look at animals, movement is unavoidable , you must move just to survive. This lack of movement for humans creates both physical issues - weak muscles and joints, degenerating connective tissues, also dysregulates autonomous body functions such as digestion process, cellular cleansing, regeneration, thermoregulation and etc.



Spending time in the great outdoors can help relieve stress, anxiety or depression, improve your mood, and boost feelings of happiness and wellbeing. Current research is showing that a one hour walk in nature, especially in the forest, reduces stress hormone levels by 57%.

Spending time in nature helps in general to balance our bodies as holistic systems, bring them back to homeostasis. The state of mind is deeply connected to the state of physical body. Both complement each other and harmony can be only achieved when balance is in all spheres of the body -physical, mental, spiritual, emotional.



In conclusion, the modern lifestyle is having a negative effect for our health. If you want to maintain great health & vitality levels, you must spend at least thirty minutes to an hour in real nature.

4. HOW TO ACHIEVE A BALANCED DIET

The best wealth is health. A quote told by many, yet lots of people seem to miss out on its great importance. A balanced diet not only prolongs your lifetime but can also protect you against chronic diseases such as heart attacks or cancer. But what exactly is a healthy diet?

A balanced diet is one that gives your body the nutrients it needs to function correctly and it consists of different kind of foods like fresh fruits ,vegetables, whole grains, legumes, lean proteins e.t.c.



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Protein is an essential part of a balanced diet too as it is a key factor in building and maintaining muscle and tissues in your body and helping regulate many body processes. Proteins can be found in beef, lamb chicken, turkey e.t.c. The human body also uses protein to make enzymes, hormones, and other body chemicals. However, consumption of protein must be regulated because the human body only needs a modest ammount of it.

In conclusion, in order for someone to achieve a balanced diet one must equally value and consume both plant and animal foods.



5. ZERO WASTE

5 steps to be "Zero waste"

Are you one of those people who throw the garbage every day or almost everyday and you just do this automatically without even think about where all this stuff is going ? After you read this article you will think twice about buying or throwing something.



What is Zero Waste?

It is a way of living in which we reduce what we need, reuse what we can, recycle , and compost what we cannot. We live in a world where we take resources from the earth and then dump them again in the ground.

The aim of "Zero waste" is to write trash out of existence, because nowadays a big part of it goes to the sides of roads and swirls in the ocean. For example the plastic which is everywhere around us and it is very dangerous to the ocean, marine life, and our health. Plastic cannot biodegrade, it only gets smaller and smaller. So there are 5 steps how we can live zero waste:

1. Instead of using plastic tupperware, it is better for the earth and for your health to use metal or glass one. When you store food in plastic, especially if it's heated, this plastic will leach into your food and then in your body.

2. Replace the plastic bottles which you buy every day with a reusable bottle. You can refill it wherever you want with what you want. Also there are plenty of different and attractive reusable bottles which you can buy.

3. We all know that there is an overwhelming amount of plastic bags everywhere around us. They put marine wildlife in danger. You can easily help if you have your own textile bag when you go shopping.

4. People usually change their toothbrush every 3 months. This means that for 10 years, you will throw away around 40

6. What is stress actually and how do you combat it?

Everyone these days seem to face moments of stress - either a child trying to learn to walk but falling, a student preparing for exams and lacking sleep or the adults living the stressful routine of 7 to 5 work, taking care of their children and often parents, tackling problems of all family. We can all agree that it's impossible to avoid stress entirely, but we can influence how it affects us and there are some proven ways to reduce the overall stress load.

The most effective and very practical ways to combat stress are - deep breathing, spending time in nature, physical activity, meditation or yoga, mindfulness - positive psychology, practising gratitude , taking a cold or hot shower, playing with your pet, having a SPA relax session, like a massage and others, dancing, singing, drawing and many more. Implement at least three of the mentioned ones daily - your stress levels will reduce drastically.

But it's also very important to have the skill of mindfulness and control your emotions. So in the actual significance it all depends on your attitude on the situation.

It is much healthier to see any problematic situation as an opportunity to learn from your mistake, as a general lesson or as a way to improve in your life.

5 tips to reframe your model of combatting stress:

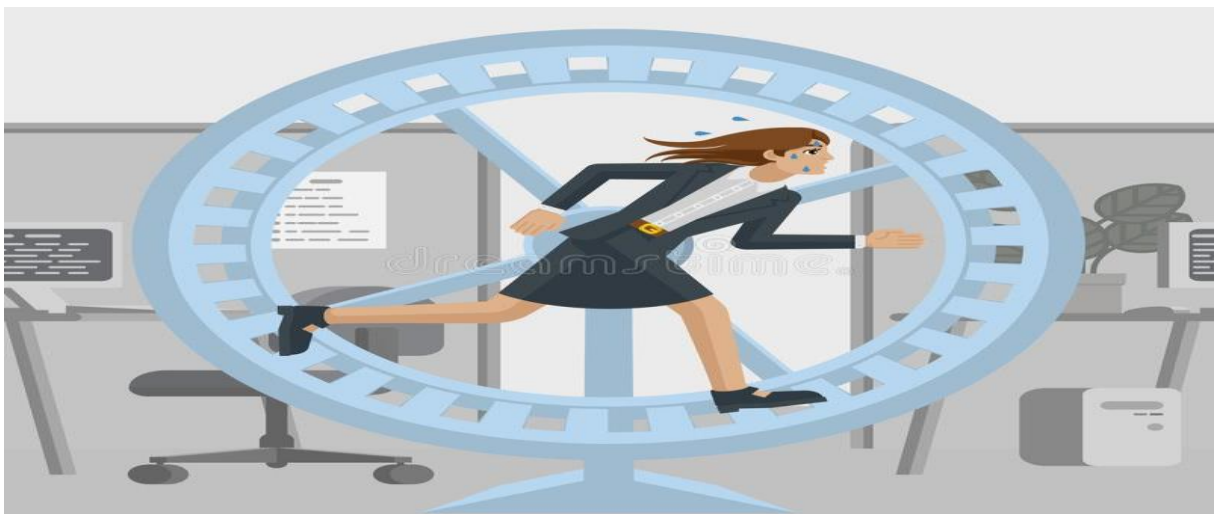
1 - Question your thoughts - thoughts aren't real

2 - Embrace your threat as challenge

3 - Expand your time horizon - is this significant only today, for a week or two, a year , two years or all your life? Usually the stress is only a moment thing so learn to not perceive it as something negative, better brace yourself with positivity and move forward

4 - Increase your sense of control

5 - Recognize that not all stress is harmful - change how you perceive the sensations of certain situations



In conclusion, stress nowadays is unavoidable, thus if you don't want to be wrecked by it, you must practise a mindful thinking pattern, not overdramatize difficult situations, see problems and difficulties as opportunities to grow and arm yourself with various daily activities to reduce overall stress load. Remember, stress is the biggest poison of 21st century!



B. HEALTHY LIFESTYLE GAME

CALISTHENICS

SMILES

NATURE

MORTALITY

DIET

HOBBY

GYM

YOURSELF

LIVE

FRUITS

MOVEMENTS

SLEEP

MEDITATION

ENERGY

APPLE

RECOVERY

ANSWERS:

1. A bodyweight workout is
2. When are you happy, are
3. Forest, plants and animals in one word:
4. Rate whose phenomenon can increase due to unhealthy lifestyle?
5. A special cure for a healthier lifestyle is
6. The passion for something is called also
7. A space where you can build muscles.
8. Who can help you to achieve the best fitness results?
9. It's my, it's now or never.
10. You get a lot of vitamins from the
11. For better flexibility, we have to movement every day.
12. A naturally recurring state of mind and body, characterized by altered consciousness is.....
13. Activity that helps you find yourself.
14. In order to go to the mountain, you need a lot of
15. The fruit most preferred by people is

16. What is the oposit process of injured yourself?



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