

FIVE PRACTICES TO BUILD A HEALTHY LIFESTYLE



Achieving and maintaining a healthy lifestyle doesn't come overnight. The results of any health program are sustainable if your efforts are consistent. The hardwork and discipline are always required. So you should never be mentally prepared for a three or a six months program, always be prepared to work on your health for a lifetime as nothing is constant. Let me help you with forming some practices which can make the process a step closer and a bit doable for you. Or shall I say that let me help you get on to the process!



PRIORITIZE

Our minds and actions are interlinked. Our actions are in sync with what our mind says. And we perform actions for things which are on our priority list, like our work which gives us money, our family, dressing, makeup, social circle, gym, etc. Each one of us has different priorities and we do conscious efforts for those on a daily basis. So if you start keeping health on your first three priorities then you have a higher chance to sustain your health program and also your results.

CUSTOMIZE

No two bodies are the same. So no two bodies can respond the same on the same diet plans. Generic diet plans are cheaper on price but then that's obvious as the effort that was put in preparing a single plan for all is also not worth a higher amount of money. It's important for your plan to be customized as per your routine, lifestyle, and preferences. It should move and progress as you progress in the program to ensure steady and sustainable results.

REGULARIZE

Be regular with what you start to get beneficial results and to have positive changes in your body externally and internally. If you are not regular with your efforts and practices they don't become your habits and then the results are also not sustained and are short-lived.

SET REALISTIC GOALS

One needs to understand the basic functioning of the body and necessary details about it from their health advisor. You should be mentally on the right track before starting a health program. You should then only set realistic goals and work towards their achievement. If you just focus on the weighing scale and not nutrition, you will never be able to follow anything that's sustainable. You will always look for crash methods as they promise unrealistic goals in short duration but also are health-depleating and will never promise you sustainability.

UPDATE

A study once done revealed that people who wrote a regular food log stayed more focused and were more likely to achieve desired goals. Jotting down daily details of your exercise and eating routine can give you a visual check on your daily pattern and you can work on the negatives and challenges on a daily basis.



RECIPE

TURMERIC WATER FOR BETTER IMMUNE RESPONSE

WHAT YOU NEED

one tbsp raw grated turmeric or high curcumin turmeric powder half tsp, one pinch black pepper

boil for 30 secs in a glass of water

best to have early morning empty stomach

CLIENT TESTIMONIAL



It was a wonderful journey with Anshul jaibharat knowing everything with the perfect balance of nutrition required in ones diet. It helped me achieve my targets and more above that i am able to know what is necessary for my body. Thank you so much.

MAHIMA JAIN

