

Tips for Taking an Active Role in your Life



Start a Garden

This is beneficial for many reasons. First of all, gardening itself is great exercise. It's something you'd have to take care of daily, so you couldn't just drop it like you may a workout regime. It's also an easy, generally-cheap hobby. To get the most reward out of your garden, plant nutrient-rich foods like spinach, tomatoes, strawberries, etc... You could also plant some spices. Everyone knows home-grown food tastes the best!



Play Around

See, the thing with children is that they never stop moving. This is something we grow out of when we get older. So, change that. Go bowling with friends, walk your dog around the block, got to the beach; have fun!

Relax

Your physical and mental health is closely linked. It's important to take care of yourself. When life gets too exhausting, you need to stand back and prioritize. Take a hot bath. Make yourself a smoothie. Stress has been linked to all sorts of different health problems. Try to eliminate it.

Make the Most of Your Life

The average lifespan of a Canadian is 81 years. I'm going to go out on a limb here, and say most of you have quite a few years left. Do you want to be doing the exact same thing you're doing now, 20 years in the future? Maybe you do. But, you're still going to regret all of the things you didn't get to do while you were young. Take up a hobby, join a gym, or go rock-climbing. Do the things you won't be able to when you're 80.

Your Health is More Important than your Image

Diet fads promising six-pack abs may sound tempting, but you have to remember that your health is top priority. Your body has a purpose, and it isn't just to sit around looking pretty. It's meant to be used. So, remember to take care of it, like you would a machine, and maybe it won't breakdown on you.



Go Fishing

Fish are probably the healthiest meat products you could have. Studies have shown that eating one to two servings of fish per week could reduce your risk of dying from a heart attack. They're also high in omega-3 fatty acids. Take one of your days off to go fishing. It's relaxing, and fun. The best fish to eat are fatty fish like salmon, tuna, or lake trout.



Use Smaller Dishes

You'd be surprised to find out how much some of your bowls can actually hold. Get in the habit of using smaller dishes as a way to practice portion-control. This will help because psychologically, you think you're eating more when you fill a small bowl than when you partially fill a large one.

Eat Breakfast

Breakfast really is the most important meal of the day. According to surveys though, a whole 28% of adults skip it. Eating after you wake up is important because it gives you the proper nutrients to get up and live out your day. The best breakfast foods are oatmeal, Greek yogurt, eggs, or peanut butter. If you really don't have enough time to cook, grab an apple before you head out the door. Start off your day right!

Eat Seasonally

First of all, foods which are in season tend to taste better than their off-season counterparts. This is because they don't need to be shipped for as long, so they don't have time to lose their flavour (or their nutrients) during transportation. It's also better for the environment since less gas would end up being used. Some examples of seasonal produce available in spring in Ontario are: asparagus, beets, blackberries, blueberries, broccoli, carrots, cabbage, corn, grapes, cucumbers, celery, leeks, and kale.



Cut Out Caffeine

Caffeine is an addictive drug, which is known to raise one's blood pressure and increase anxiety levels. Cutting it out of your diet can have incredible benefits. Though tea and coffee are generally considered good for you (due to their antioxidants), most caffeinated beverages are extremely unhealthy.