

The Best New Year Resolutions For Your Health In 2019

As we look back at the chaos that was 2018, one thing is clear- we can do better! Many new years resolutions revolve around health, and for good reason. Having your physical and mental health is the foundation of achieving any other goal, personal and professional, so improving your health and dedicating time, energy and resources is the best investment you can make. There is no con to improving your health habits is: you have more energy, increased focus and more self-confidence. You are better able to manage your emotions and moods. Here are the best and easiest ways to improve your health in 2019:

Exercise

Find a form of exercise that helps you release stress and move your body for an hour at least 5 times a week: yoga, dance, walking, running, lifting weights, etc. Find something you enjoy and will do consistently. Exercise relieves stress, sharpens your mind and improves your physical health, exercising regularly is one of the best things you can do for your mental and physical health.

Hydrate

Hydrating regularly helps everything from energy levels to preventing kidney stones and constipation. You will be more comfortable if you are hydrated, it helps enhance physical performance and it also increases brain function. It can also help with weight loss. Drinking water is one of the easier, healthier adjustments you can make to your daily routine- you can start at this very moment.

Fresh Air

Fresh air is one of the easiest and healthiest habits to incorporate into your routine, whether you are spending a day off outdoors or taking a walk for 20 minutes when you have a break at work. Being outdoors gives you more and better energy, reduces stress and depression, improves sleep and your overall health. Carve out time to be outside, to clear your mind and improve your mental and physical health.

Meditation

Spending time at the beginning and end of each day trying to clear your mind so you can start your day in a relaxed and peaceful manner helps reduces stress, controls anxiety, enhances self awareness, improves sleep and decreases blood pressure. Spend 10-20 minutes every morning and evening focusing on one thing, such as your breath, to begin and end your day.