

5 Healthy Habits That Make a Difference

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1. Daily Step Count

You will want to work your way up to 10,000 steps a day, but first need to establish what your daily average step count is. Once you've established your daily average, add 1,000 steps and make that your goal. As you progress, you'll work your way up to 10,000 steps a day but it will take place naturally as you learn to remind your body to move.

2. Protein Intake

Your personal protein intake is going to be specific to you! To determine your recommended protein intake, first establish your body weight or your ideal (healthy) body weight. From there, you'll establish your protein intake as 70% of your body weight in grams.

Example: Body Weight: 135 lbs x 70% = Protein Intake: 94.5 Grams

3. Pure Water Consumption

Your daily water intake should be half of your body weight in oz. This should be pure water and is the minimum recommended amount. The earlier in the day you start drinking water, the great chance you have of hitting your consumption goal.

Example: Body Weight: 135 lbs = Minimum water Intake of 67.5 oz.

4. Wake and Sleep Routine

Establish a specific time that you wake up and go to bed every single day (Including weekends). Your body will learn this rhythm and set its internal clock. Try to maintain this schedule within 15-minute margins.

5. Daily Vegetable Intake

Include 1 – 2 Cups of vegetables in at least two meals a day. These are high nutrient foods with lower calories.