

Volume 01, Issue 44: The Balance Sheet of Life Part II

Health is largely a product of lifestyle. Other than non-modifiable factors of genes, inborn defects, age, and sex, health is determined by diet, exercise, rest, social, and emotional environment. Genes may load the trigger, but it is lifestyle that pulls it. For some of us, as we pursue our dreams, attention to our health takes a back seat. You are doing your future a disservice by lacking the discipline to eat healthy, keep fit, and rest.

Diet: Many times we eat improperly because we fail to plan ahead and we find ourselves hungry in the office or out there, and go for the most convenient and readily available options, which usually turn out to be processed foods. Diet is a very personal choice. As you make choices of what to eat throughout the day, keep in mind that what you eat, and how much you eat has a lasting effect on your health.

What you feed your body determines its useful life. Take care of your body and it will work for you for a very long time. Given the way our bodies are rebelling against us lately, maybe it's about time we made eating a healthy diet a lifetime goal. Though we have desires, they should not rule over us. We can exercise self-control in this area.

Exercise: The reality of life is, as most of us grow older, our metabolism will need us to partner with it to keep it going. I am not talking about going to the extreme of being overly obsessed with exercise, but doing something. See what works best for you, what you will be consistent with and go for it. Don't be overambitious and embark on something you will not be able to maintain. It is what you do consistency that counts for favourable results.

Are you sick and tired of being sick and tired with how you look and feel? That is all you need to make the necessary changes for your well being. As you begin, have your priorities in the right place. The ultimate goal for eating properly and working out is not to be tiny, but to become and stay healthy. You will also reap additional benefits of feeling good and up to peak performance, being strong and fit, and last but not least, looking good.

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Written by Lillian Chebosi
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Over performing: Constantly being on the go adds up to high stress levels that cause the body to rebel against us. Most health problems are now being associated not just to diet but our heightened stress levels. Our bodies are pleading with us to slow down, yet many are guilty of ignoring the warning signs. Well, if you don't listen to your body, it will still have the last say. Be wise. Find ways to slow down your life. Take a moment and enjoy doing absolutely nothing every now and then.

Learn to say no to the constant invitations and activities that all sound good. Make discerning choices about what you say yes to and consider the long-term effects on your well being. Get real about how much you are really capable of. Stop the madness of over-extending yourself. Know your physical limitations and take the time to rest.

Rest: We allow ourselves little rest especially when it comes to pursuit of professional goals. Yet at the end of the chase, our professional success will be hollow without the health and key relationships to enjoy it.

Many of us say we can't afford to take so much time away from our duties, real or imagined. The truth of the matter is we can't afford not to rest. Resting releases tension and toxins from the body that can poison the system. God took time to rest. Shouldn't we follow his example and call all activity to a halt and rest? Find out what promotes rest and relaxation for you and make sure to indulge in it to restore your body.

Emotional rest is just as vital to your well being. Unload any emotional baggage from toxic and unhealthy relationships. Set healthy boundaries to protect your heart from unnecessary drama.

Mentally, learn how to disconnect from your work once you leave it, or any stresses that burden your mind for way too long. Find a way to hit the off button in your mind and refuse to over-think issues. Stop and take time to think about absolutely nothing.

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