

Go Back to the Basics for a Healthier Lifestyle

(ARA) - Every New Year, millions of Americans resolve to lead healthier lifestyles. This can often seem like a daunting task, as many people say that they don't have the time or are too overwhelmed to incorporate healthy choices into their lives.

But forming a new healthy habit can be as easy as committing yourself to it for two weeks. For example, a recent study published in the "Journal of Periodontology" showed that people who flossed with Glide floss twice daily for two weeks reduced gingival bleeding by up to 42 percent.

The key is to return to the basics and make a few small changes to your at-home care routine that can make a big difference in your health.

- Eat breakfast every morning - Breakfast eaters are champions of good health, but unfortunately, not many of us do it. By starting your day off with a nutritious breakfast, you will be less likely to crave fattening snacks and will give your metabolism the energy boost it needs to accomplish tasks throughout the day.
- Practice good dental hygiene - In his book "RealAge", Dr. Michael F. Roizen suggests that flossing daily can add 6.4 years to your life. As brushing alone can miss up to 30 percent of the tooth surface, flossing becomes a critical part of the oral care routine. With today's superior technology, there are no more excuses for skipping flossing due to tight teeth or tight timing. Glide offers its Deep Clean floss in to-go packs, so no matter how busy your lifestyle, you can take this healthy habit with you. Glide Deep Clean is fashioned from Gore-tex material that resists shredding and slides comfortably between the teeth, and leaves your mouth feeling refreshed.
- Park it in the back - Everyone knows that exercise has a number of benefits from increasing energy levels and burning fat to reducing stress. Even if you can't make it to the gym, make a habit of incorporating new and innovative ways to get your dose of exercise for the day. Choose a remote spot in the parking lot when running errands. The extra distances will get your heart pumping - especially when carrying all those shopping bags back to the car on the way out!
- Wash your hands ... and the things you handle - Mom always said to wash your hands, and she was right, disease-causing germs can easily be transferred to foods, surfaces and other people. It's also helpful to keep antibacterial wipes handy so you can regularly disinfect your cell phone, key board and computer mouse - there's no point in washing your hands if you are going to touch a dirty surface immediately afterward.
- Develop healthy sleep habits - Rest is vital for a person's health, growth and development. Quantity and quality is important with most adults needing between 7.5 and 8.5 hours of uninterrupted sleep a day. This will help you wake up feeling refreshed without the use of an alarm clock, while feeling energetic all day.



When making changes for a healthier lifestyle, revert back to the basics to keep it manageable and impactful.

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