

Change doesn't have to be hard.

A few small changes throughout your day can lead to big improvements in your energy level, mood, and overall health.

A Healthy Day In Your Healthy Life

A few little changes make a big difference.

MORNING

Breakfast like a champion.

A hearty serving of oatmeal and eggs prevents hunger pangs before lunch. The same can't be said for sugary cereals, which add to your waistline and can increase the risk of type 2 diabetes.



AFTER WORK

Walk this way.

Half an hour of physical activity five days a week works wonders for your health, and it's easy to walk your way there. Get off the bus a few stops early and hoof it home. Or swap your work boots for sneakers and head for a local park. Slap on some headphones, fire up your favourite tunes, and let the good times roll!



ALL DAY LONG

Drink plenty of water.

Polishing off five tall glasses between breakfast and dinner makes you more alert and helps manage your weight. You'll pee like a racehorse, but that's good too because you're flushing toxins from your body.



EVENING

Drink and be merry.

Because it sends stress packing, enjoying a cold one (or two) with your buddies is actually good for you! But don't get carried away — after all, who wants to wake up with an empty wallet and a hangover?



MID-MORNING

Ditch doughnuts, go bananas.

Bananas blow bear paws away when it comes to handling pre-lunch hunger. Plus, they boost your energy like nobody's business. How do you think King Kong made it up the Empire State Building?



BEDTIME

For a good night's sleep actually go to sleep.

No way you can sleep in? No problem: Shutting down earlier gets you more shut-eye, while turning off the TV and keeping laptops and other distractions out of the bedroom helps you sleep better. Do the sleep math: Quality plus quantity equals more energy and better concentration throughout your day.



LUNCH

Half fries, half salad.

Swapping fries for a salad — or going with the old half-and-half compromise — keeps you from crashing hard in the afternoon or feeling like your belt is about to burst.



DONTCHANGEMUCH.ca

Where guys go to get healthy