

5 Tips for Vibrant, Good Health Overnight

Your **FREE** Report, My Gift To You!

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1 - Drink Lots of [Water](#)

Our bodies are made up of mostly water. To keep hydrated properly we need to replace it daily...throughout the day.

Our brain and muscles are made up of 75% water. Our bones contain 22% water and our life source, blood is composed of 83% water.

Water can be called our liquid asset, without which we could not sustain life itself. Water regulates our body temperature, removes waste, and cushions our joints and vital organs. Can you imagine your liver and kidneys just hanging out around inside you?

Water also keeps your energy up, weight down, muscles strong, joints lubricated and your digestive system running correctly.

If you are sedentary (a couch potato) you need to drink eight 8 ounce glasses of clean water daily. This is just to replace what your body uses each day.

If you drink coffee, tea, sodas or sugary juices you need more water. You need to drink an additional two glasses of water for every drink that has a dehydrating effect on your body.

By drinking eleven glasses of water a day men you may help prevent bladder cancer. This was reported by the New England Journal of Medicine. The research showed that men who drank at least six glasses of water have just half the risk as those who have less than one half a glass of water per day.

If you work out should you drink water before or after the work out for maximum hydration? The reality is you should drink water before your workout at least one tall glass. During your workout you should take water breaks and at least take a few sips every ten minutes. After your workout two glasses of water should be drank over a short period of time. Keeping the body hydrated is key to vibrant good health.

If you find yourself thirsty...you are already dehydrated!

2 - Get Sufficient Sleep

Getting enough sleep is just as important as drinking enough water. The amount of sleep is different for each category of people.

For example here is a table to break down the necessary, rule of thumb hours of sleep each group needs.

How Much Sleep Do We Really Need?

Age	Sleep Needs
Newborn (0-2 mos)	12-18 hours
Infants (3-11 mos)	14-15 hours
Toddlers (1-3 yrs)	12-14 hours
Preschoolers (3-5 yrs)	11-13 hours
School-age Children (5-10 yrs)	10-11 hours
Teens (10-17)	8 1/2 - 9 1/4 hours
Adults	7-9 hours

(source National Sleep Foundation)

We also want to make sure that we are giving our bodies what it needs. Too much sleep is just as bad as not enough.

Here are some tips for you to get the maximum benefit out of the hours of sleep you do get.

- Stay on your sleep schedule. Go to bed and get up at the same time, including weekends.
- Do something relaxing before bed...read, soak in the tub, cup of herbal tea, etc
- Make sure your room is conducive for sleeping. Dark, quiet and on the cool side makes for better sleeping conditions.
- Sleeping on a comfortable mattress and the right pillow helps
- No TV, computers or reading allowed in bed. Do this in the living room before going to bed.
- Allow 2 to 3 hours before bedtime for your last meal or snack
- Exercise during the day or a few hours before bedtime, you don't want a jazzed up metabolism then try to sleep.

- Quit smoking; avoid alcohol and caffeine before bed

These tips will allow you to relax and enjoy a restful, peaceful night's sleep.

3 - Have a [positive attitude](#)

Did you realize that if you are a glass ½ empty kind of person it can and will affect your health?

Your attitude is the one thing you can control, that will eventually control your health.

If you have a negative attitude it will affect your marriage, relationships with family. It can and probably will affect your friendships, workmates, work performance and can cause serious health issues.

You can not control things that happen to you. You can not control how people treat you. But, you can control how you react to everything that happens to you.

By recognizing that these things are simply events, not aimed at YOU specifically, you can change how you react.

These events happen to thousands of people around the globe every single day. Yet, why is it that some blow it off and move on, while others stay stuck in the mire for their whole lives?

By choosing to be positive, it can lower your blood pressure, lower your risk for cardiovascular disease, and if you get sick, you will recover quicker.

4 - [Get Moving](#)

Exercise is essential to a healthy lifestyle. Now, I know you are saying I don't have time for exercise...I hear you. But, our bodies were not designed to simply take up room on a couch. They were not designed to be a blob...

Here are a few quick tips to get you up and moving...keep your muscles strong, lean and mean.

Keep your heart beating healthy in your chest and your lungs working like clockwork.

- Do housework yourself instead of hiring someone else to do it.

- Work in the garden, mow the grass. Using a riding mower doesn't count! Rake leaves, prune, dig and pick up trash.
- Go out for a short walk before breakfast, after dinner or both! Start with 5-10 minutes and work up to 30 minutes.
- Walk or bike to the corner store instead of driving.
- When walking, pick up the pace from leisurely to brisk. Change up your route.
- Throw away your video remote control. Instead of asking someone to bring you a drink, get up off the couch and get it yourself.
- Stand up while talking on the telephone.
- Walk the dog.
- Park farther away at the shopping mall and walk the extra distance. Wear your walking shoes and sneak in an extra lap or two around the mall.
- Stretch to reach items in high places and squat or bend to look at items at floor level.
- Keep exercise equipment repaired and use it!

Each extra step you take counts, your heart will thank you. You will sleep better, your digestion will work better, you will feel better overall, too.

5 - Take a [Good Daily Vitamin](#)

Everyone knows that when we feel better we can handle life situations better. When we are tired we get cranky. When we are hungry, we grumble like a bear. When we are stressed we yell, scream and take it out on those that least deserve it, right?

If we are able to take these 5 tips and start making changes in our lives now...imagine what it would feel like...being on top of the world every day.

What if it took you several weeks to implement all 5 steps? Do you think it would be worth feeling awesome again?

What are vitamins and why do you need them anyway?

Let's start with the very definition of what a vitamin is.

Vitamin - "a group of substances essential for normal cell function and development".

Let's break this statement down into English that you and I can understand...*vitamins are substances that are necessary to support life*...in other words *without vitamins...we die*.

Finally, with the definition of vitamin understood, let us look at [what we need to live...](#)

Enjoy these tips, put them to good use in your life, for your health!! Share with your family and friends so they too can enjoy vibrant, good health with you for a long time.

Here to Serve,

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p.s. remember sharing is caring...we love hearing from you, share your thoughts at <http://CarlaJGardiner.com>