

HEALTHY **SUCCESS**

**EXAMINING THE
IMPORTANCE OF HEALTH
ON THE ROAD TO SUCCESS**



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Introduction

Is your goal to be successful in life? This could apply to your business, to a personal relationship or you may just want to enjoy a better life with your family. No matter what your goal is, there is one main thing which connects all of these things together.

You cannot be successful at anything unless you have your health!

You are not given health, it is something that you must learn how to achieve and then learn how to maintain it.

While this may sound simple it is something that many people just let go of. A great example of this is in women caring for a family. They get so preoccupied with raising a family that they let their health go. Later on once the children are grown and away in school or have left home, they start to suffer from health problems. They may have let their appearance go, are possibly overweight and have developed some disease that was preventable.

Does this sound familiar to you? It really is a common scenario and one that applies to thousands of people in various ways. It doesn't have to be this way and won't if you follow the advice in this eBook.

Family life is definitely important but you need to remember that you are as well. After all where would your family be without you?

This eBook deals with the connection between how to be successful in your chosen path and how to get healthy and stay that way. I truly hope that you find the information valuable and please feel free to contact me if you have any questions.

Thanks and good health and success in your life!

<<< Add Author >>>

Why Sleep is Important

Sleep is so important and not sleeping enough can affect your life in so many ways. This includes not being able to lose weight and not having enough energy to get through each day.

Below are six of the top reasons as to why you need to get enough sleep each day:

1. Sleep allows your brain to commit new information into your memory by using a process known as memory consolidation. Studies show that students perform better if they have slept well before taking a test and studied the night before.
2. When you don't sleep enough your metabolism and weight is affected. Some people find that they even gain weight due to lack of sleep. Your body does not process carbohydrates the same way in sleep deprived people because your hormone levels change. Your brain starts to crave glucose in order to combat tiredness.
3. Not getting enough sleep can actually become a safety concern. You may fall asleep while driving or while working and this can cause accidents and injuries to occur.
4. Lack of sleep often results in mood swings. You may find that you become irritable, impatient, moody and that your concentration levels disappear.
5. Hypertension can be caused by a lack of sleep as your hormone levels change and you can start having irregular heartbeats.
6. If you are deprived of sleep you may find that you get sick more often. Your immune system doesn't function as well and this can lead to becoming more susceptible during flu and cold season. Some research also shows that getting enough sleep can help fight cancer.

When your body becomes deprived of sleep research has shown that the cytokine molecules that control your immune response system are increased. This results in changes in your blood chemistry which can lead to heart disease, diabetes and mental health conditions.

Studies show that people who are sleep deprived are more likely to suffer from depression, as opposed to those who get enough sleep regularly. If you visit your doctor because you are feeling depressed one of their first questions will be based on how much sleep you get each night.

Many people today find that there is just not enough time in the day to get everything done. In order to make more time you start to get up earlier or stay up late to finish chores or homework. What happens when you do this is that your body starts to crave more calories. So people who do not sleep enough often find that they are hungry and they start to eat more calorie dense carbohydrate rich foods.

As you become tired your energy diminishes so even simple tasks such as cooking dinner becomes too much to handle. Studies have shown that people who are tired often pick up fast food or eat out instead of cooking healthy dinners at home.

If you are having trouble sleeping at night take a look at your mattress and pillow. If you can't get into a comfortable position then you won't have a restful night. The best sleeping positions are on your side either with your legs slightly bent or straight out. You should avoid sleeping on your stomach as this can put undue stress on your back and neck. If you do prefer to sleep in this way you want to try adding a pillow for support under your knees and hips.

The Importance of Your Diet

Most people acknowledge that it is important to eat correctly but do you really understand what a balanced diet is and why you need to eat in this manner?

A well balanced diet is a diet that ensures your body is supplied with all the essential nutrients, vitamins and minerals it needs to work correctly. This includes maintaining your cells, tissues and organs as well as keeping them in good working order.

When you lack nutrients your health suffers. You can easily begin suffering from a multitude of health issues which include just feeling tired all of the time to having to deal with a serious medical condition. You will find that you will get more colds and suffer from the flu when the flu bug is around.

Understanding What a Balanced Diet is All About

For your diet to be balanced it must contain foods from all the major food groups. These foods need to be in the correct proportions to each other so that they supply your body with excellent nutrition.

In addition to this your food needs to meet a certain number of calories per day, so that you maintain a healthy weight for your body. When it comes to calories no two people are the same. You need to determine the correct calorie range for you. This is done by taking into consideration your height, gender, body frame type, age and activity level.

When you learn to eat from all the main food groups and start avoiding foods that contain nutrients which offer no nutritional value, you will be on your way to eating a balanced diet. A good starting point is to avoid foods that are high in sodium, saturated fats and sugars.

One of the best ways to start eating a balanced diet is to eat regularly. Begin by eating a good breakfast, lunch and dinner. Do not skip breakfast and try to eat a larger lunch and smaller sized dinner.

When you look at your plate of food try to ensure that it contains all the colors from the rainbow! Eating a plate of food which is white or light brown usually

indicates that you are eating lots of starchy foods such as French fries and fried chicken.

By eating a rainbow of foods you will be including lots of fresh vegetables such as carrots, broccoli and squash and fruits each day. While fresh fruits and veggies can be more expensive choose those which are in season in your area. Local produce is fresher and usually cheaper and eating this way provides you with variety as the seasons change.

Alcohol is a food that you want to try and limit or avoid totally. It offers no nutritional benefits for your body and can inhibit weight loss. Most guidelines recommend limiting your alcoholic intake to one standard drink each day for women and two for men. Try to include at least two days each week where you do not drink at all.

Why Staying Fit Should be a Main Focus in Your Life

Exercise is a great way to boost your energy level and when you start exercising regularly you will notice a difference within just a few days. Increased energy leads to more physical stamina and this helps make your daily chores more manageable. You will find that you are not as tired and that you feel better and happier for no apparent reason at all.

Being active also benefits your concentration levels and helps you to sleep better at night. If you find you don't sleep solidly try walking for 20 minutes each night after dinner. You should find that you start sleeping more soundly fairly quickly.

Exercise also helps to reduce tension and relieves the stress in your life. If you feel as though you may be suffering from anxiety or depression starting an exercise routine can really help.

As we mentioned earlier exercise helps by helping you feel better within days. It also has another huge benefit and that is of impacting your health as you age. By making time to stay fit and healthy now you are reducing your chances of developing heart disease, Type II diabetes, obesity and some forms of cancer later on in life.

Leading a healthy lifestyle as you enter your senior years helps to minimize potential bone loss that could lead to osteoporosis and arthritic conditions. In addition you will find that you are more mobile and your joints aren't as stiff and achy as older people who do not exercise.

Here are the top reasons for staying fit and healthy as you age:

1. Helps you maintain a good weight
2. Keeps your heart and lungs strong
3. Helps to reduce stress
4. Helps to prevent and fight heart disease
5. Helps you sleep better at night

When we talk about exercise we don't mean you have to train for a marathon. Small amounts of exercise are beneficial and this includes things like:

- Taking a 20 minute walk after dinner
- Taking the stairs instead of the elevator
- Walking to the corner store
- Parking your car further away from the mall entrance
- Getting off the bus one stop early and walking home

Some great exercises for beginners include:

- Walking
- Golfing
- Biking
- Swimming including taking aquafit classes
- Dancing
- Yoga

How Your Brain is Affected by Exercise

Have you ever thought about how exercise affects your brain? Most people know that by incorporating exercise you are building muscle and stamina. Who doesn't notice that certain daily activities like walking up stairs and carrying grocery bags become easier when you exercise regularly?

But what happens to your brain when you exercise?

When you first start to exercise your brain acknowledges this as stressful. Your heart rate increases and your muscles have to work harder. Your brain reacts by trying to fight these changes. It does this by releasing a certain protein called a Brain Derived Neurotrophic Factor or BDNF for short. This protein works to protect your memory neurons and is why you begin to feel more relaxed and happy after exercising.

While the BDNF is working your endorphins get to work too. Endorphins are a chemical which your body releases to help fight stress. They work by blocking the feeling of pain and help to minimize any discomfort you may be feeling. Endorphins can also make you feel happy and many people refer to this as an endorphin high!

Researchers have discovered a startling fact about BDNF and endorphins. That is that they are very similar to behaviors which can become addictive. You can compare this to getting hooked on morphine, heroine or nicotine. There is one major difference though and that is they are both good for you!

To reap the benefits of becoming successful and happy researchers found that it is important to pay attention to when you exercise. A recent study conducted by Penn State University showed the following results.

“They found that to be more productive and happier on a given work day, it doesn’t matter so much, if you work-out regularly, if you haven’t worked out on that particular day:

“Those who had exercised during the preceding month but not on the day of testing generally did better on the memory test than those who had been sedentary, but did not perform nearly as well as those who had worked out that morning.””

Additional research has shown that it is the first 20 minutes of being active each day that provides you with the best health benefits. So this means that you don’t have to go crazy with exercise, instead aim to get in at least 20 minutes of activity each and every day. You will feel happier when you do and your health will benefit from your actions too.

“On exercise days, people’s mood significantly improved after exercising. Mood stayed about the same on days they didn’t, with the exception of people’s sense of calm which deteriorated.” (University of Bristol)

How to Set Up and Maintain a Good Exercise Routine

It takes approximately 21 days to form a new habit and when you think about it that isn’t long at all. How would you feel if by this time next month you will look forward to exercising each day?

Of course at first it will take a concentrated effort to make time each day to exercise. You will need to stay focused and motivated to achieve this. Use your goal of wanting to be happier and successful in everything you do to keep you on track.

Quite often it is best to exercise first thing in the morning before you do anything else. If necessary get up forty five minutes earlier. Set your alarm clock to go off early and put your workout clothes ready where you can see them. When your clock goes off and you see your clothes waiting for you it will be easier to get out of bed and get moving.

When you exercise first thing in the morning you will feel more energetic and will find that it is much easier to get things done at work. You may even find that your productivity increases substantially.

To form your new exercise habit it can help to use some form of tracker and log. There are plenty of Fitness tracker Apps that you can download. Or you can use a calendar and check off your exercise each day.

When first starting out don't create large goals. Instead you are much better off to create small goals that you can achieve. Instead of beginning with walking for 20 minutes a day five times a week decrease it to 3 times a week and reduce the minutes to 10. If you haven't exercised in a very long time you may find that 5 minutes of walking each day is all you can manage. Don't worry as each week goes by you can slowly add minutes until you reach your goal of 20 minutes or more.

By actually attaining a goal your self confidence and motivation levels are increased. This helps to spur you on into exercising regularly. Before you know it you will be waking up each morning eager to exercise.

Mental Health

When you enjoy a good state of mental health you will feel happy and have the ability to enjoy life and all it has to offer. Did you know that you don't automatically have good mental health just because you don't have any major mental health issues?

It takes work to keep your mental health in a good state. The foods that you eat and the exercise that you do or don't do all have an impact on your mental state. As we mentioned earlier in this eBook it is important to eat a balanced diet and to exercise regularly.

By choosing to eat a balanced diet you are ensuring that your body and your brain are receiving enough of the essential nutrients that they require to function correctly. By eating foods from all the major food groups it is much easier to achieve the balance required.

Certain nutrients are being shown to have an impact on the way you feel. For example a lack of any of these nutrients; folate, vitamin B12, calcium, iron, selenium, zinc, and omega-3 has been shown to be a leading factor in depression in women who have just had a baby.

Anyone who has been diagnosed with anxiety or depression is advised by their doctors to start exercising regularly. This is because exercise will help you feel happier and more alive.

Sleep is also important when it comes to mental health. Many people find it difficult to fall asleep and/or stay asleep. If this applies to you use some of the following suggestions to improve the quality of your sleep.

Go to bed and get up at the same time each day, this way sleep becomes a routine that your body will adjust to.

- Avoid eating a heavy meal before going to bed.
- Avoid drinking coffee or alcohol before bed, instead drink herbal tea.
- Exercise each day but avoid exercising before bed time.
- Take a warm bath or shower before heading to bed.

- Listen to soft music and have it shut off automatically.

Stress and Your Mental Health

There are many reasons for you to be suffering from stress. You may have a stressful job, you may have experienced a traumatic event or have been in an accident. Family emergencies can leave you feeling totally stressed out too.

Stress is known for being a silent killer and if you are feeling stressed it is important to learn how to handle it. There are many symptoms of stress and if you suffer from any of the following regularly you may be more stressed out than you think. Don't neglect these symptoms as something unimportant.

- Headaches
- Difficulty sleeping
- Upset stomach
- Depression
- Anxiety
- Short tempered
- Not feeling happy about your job

People who are stressed often feel as though they don't have time for themselves. They are too busy taking care of others. For this reason it is important to make time for 'ME' each day. All you need is 15 to 30 minutes of 'me' time each day. This could be time where you read a book quietly, take a relaxing bubble bath or go for a walk. Use this time to do something positive for yourself. It will make a huge difference to your mental well being.

You may find it helpful to start doing some form of meditation each day or take up Yoga. Both of these things can help reduce stress, increase your flexibility and allow you to feel relaxed so you can sleep better at night.

Happiness Counts

Would you say you feel happy? Many people spend a lot of time in trying to find that one thing which will turn them into a happier person. This could be in the form of striving to train for a better job or in thinking that losing those 10 or 20 pounds will make you feel happier. But is this the way you should be thinking?

In fact you should be thinking in the opposite way! It has been shown that **Happiness Fuels Success** and it is not **Success that Fuels Happiness**. By learning to think in a more positive manner you will start to feel more creative, more energetic and more productive when working at home or in the office.

The research to this has been shown in detail in the book 'The Happiness Advantage: The Seven Principles of Positive Psychology That Fuel Success and Performance at Work' by Shawn Achor. [\[insert affiliate link\]](#)

Shawn explains the importance of learning how to re-program your brain to think in this way. He focuses on encouraging people to use 5 easy steps each day to become more positive. His 5 steps include:

1. Being grateful for 3 things each day
2. Journal about a positive experience
3. Exercising for 15 minutes a day
4. Meditate for 2 minutes each day
5. Do some act of kindness each day such as writing a thank you note or email

Research has shown that your brain functions better when you are happy. By being in a positive state of mind you will be 31% more productive at work and there is a 40% chance that you will get that next promotion.

So from now on start believing that you can make things happy and you will become happier and successful.

Personal Growth Affects Your Health

First you need to understand what personal growth is. It can best be explained as a process that produces personal changes and progress. The key to personal growth is that the process starts from inside yourself.

To make changes you need to commit to make changes which include:

- Learning to understand yourself
- Taking steps to Improve your awareness
- Working on your attitude
- Believing in yourself and in your potential
- Developing your skills
- Setting goals
- Begin with the end in mind

Negative feelings have been shown to cause spikes in your hormones. This is very true for people who are dealing with stress, depression, anxiety and sadness. These spikes then suppress your immune system affecting your health both physically and mentally.

Your goal is to learn how to have a more positive state of mind. One way to do this is through personal growth. For many people taking the time to really understand themselves is key and one stumbling block comes in expressions. Are you scared or fearful of showing your emotions?

The next time you are worrying about something write out your feelings on paper, if you don't feel like talking to someone. This way you can express how you are feeling and the action of writing it out allows you to understand where your feelings are coming from.

If necessary you may need to seek help for a certain problem, don't allow fears to overwhelm you. If you feel medical help isn't an answer then reach out to a close friend or family member.

If you are feeling depressed and down and don't know why, take a look at the people in your social circle. Are they all feeling the same way? Negative people attract other negative people so if you want to make positive changes start mixing with people who are happy, calm and successful. These feelings will rub off on you!

Other areas to work on improving include your skill set. Acquiring new skills can help lead you to a better paying job. This can lead you to being able to live a better quality of lifestyle which will have an impact on your health.

So take a good look inside yourself today and see what changes you can begin.

Your Job can Make You Sick

Did you know that one of the top reasons for people taking time off work is due to depression? This depression is actually caused by your job. If you are feeling stressed out and hate the thought of going to work each day you are already feeling the effects of depression.

It is a sad fact that numerous people do not enjoy their jobs. To them it is just a means to an end, a way of paying the bills and supporting their family.

The act of just getting to work each day is not healthy. How many hours do you currently spend commuting to and from work? Some people spend as much as four hours a day travelling. Then add an eight hour day on top of this! By the time you arrive home you are exhausted and still have a family to deal with. You have time for a few hours sleep before it is time to start the vicious cycle all over again.

Repeating this cycle for years and years can really wear you down. So it is not surprising when you get to a point of being totally fed up with your life and your job.

Is this all there is to life or can you make changes in your job so you become happier?

If you start feeling this way then it is time to make changes before it is too late. Quite often it is better to leave your job and take a little time off and recuperate. If that isn't possible can you ask for a transfer to another location or get a different position in the same company?

Other possibilities include seeing if you can work part of the time from home and keep in touch with the office using email and phone conferences. Telecommuting is becoming a viable option for many employees and employers have seen how this can boost morale and increase productivity.

Your Personal Baggage

Just about everyone today has some form of personal baggage. By this we mean those things that make you feel depressed and negative and make you feel tired and lifeless. If you are feeling as though you lack motivation or feel overwhelmed all the time then you have personal baggage that you need to unload.

Personal Energy - many people try to be an overachiever and this is a huge role to take on. Instead of accomplishing things you will be left feeling as though you are busy all day but actually get nothing done. If this sounds like you, you are on your way to becoming overspent. Your energy will be drained and your health will start to suffer.

You need to take steps to learn how to become more energized and how to get things done. Start off by exercising regularly and setting small goals.

Personal Fear – this takes on many different disguises. The most common form of fear is being afraid of something physical such as spiders or heights. Personal fears are those that sit deep inside of you and these are often the ones that are most difficult to get rid of.

The steps you will need to take to remove personal fears include identifying them and taking steps to conquer them. Examples of personal fear include not getting that promotion, being afraid of becoming a success at something and being afraid of not providing for your family.

Once you start to put your personal baggage in order you will shift your outlook to becoming more positive. The end result is that you will feel happy and that you are achieving your goals.

Healthy Tips to Incorporate in Your Daily Life

We have covered a lot of material in this eBook in an attempt to explain the importance of why staying healthy can lead to being more successful. Below we have included a list of the main things you want to incorporate into your life on a daily basis.

- ✓ Exercising for at least 20 minutes
- ✓ Eating a well balanced diet
- ✓ Express your feelings by writing the down
- ✓ Get into the habit of making time for “ME”
- ✓ Start surrounding yourself with positive, happy people
- ✓ Getting rid of negative thoughts
- ✓ Work on sleeping between 6 to 8 hours a night

In addition to the above tips you can also incorporate positive affirmations into your routine. These can help in many different ways including improving your mindset, helping you stay on track with your exercise and eating and for just feeling better about yourself in general.

Conclusion

As you can see your health is something that affects so many different areas of your life. It is so easy to lose your health if you are not careful, regaining health is not as easy. Have you ever tried to lose weight? It is ten times harder to lose and it was so easy and enjoyable to put on those pounds!

When it comes to leading a successful life your health plays a crucial role. You can't have one without the other so why fool around with your health?

After reading this book you should now be ready to take those steps to improve your health and your life. This includes starting to exercise regularly, being careful about what you eat and making sure you and your family eat a well balanced diet.

In addition to this you want to avoid getting too stressed out both at home and at work. Start by learning how to reach out to people and to ask for help. Deal with those personal fears and baggage that you have been carrying around for years as well.

Once you have dealt with these issues you will feel as those pounds and years have been lifted from your body. You will feel happier, be healthier and be ready to lead that successful life you have always dreamed of.

Thank you so much for reading!

Good Health, Happiness & Success