

A HEALTHIER YOU

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Being healthy doesn't have to be overwhelming; it's all about making subtle changes.



It's hard to stay healthy in Singapore.

The rows of fast food restaurants in every corner and the convenience of just picking up an extra value meal from Macdonald's – even if we wanted to stay healthy, with our day jobs and the never-ending commitments that we have to juggle, taking care of ourselves is simply something not on our list of priorities.

Yet, that does not mean that staying healthy is not important. In fact, the old adage rings true: You are what you eat. And if all you do is guzzle fat-filled foods and tongue-numbing preservatives down every meal, your body will not be able to function in tip-top condition.

Staying healthy does not have to be overwhelming at all. You do not have to start your regime immediately by only taking in fruits and vegetables and doing two kilometre runs everyday. If you want to adopt healthy habits that will last, the easiest way to do it is by introducing small, gradual changes to your lifestyle.



Here are three tips that you can use to begin the path to being a healthier you:

1. Small bites

If you are one of those that choose not to eat healthier because you simply despise greens, we suggest introducing fruits and vegetables in small amounts to your daily diet. Add in a carrot or broccoli to your soup tonight or order that steak with greens instead of that mashed potato. Eating a healthier diet doesn't have to mean deprivation. You don't have to cut out your favourite foods completely—you just have to make a few changes.

2. Keep a diary

To improve your eating habits, you will first have to know what is wrong with them. Keep a diary for about one week and record down everything that you have been eating, even right down to the bite of ice cream that you've had. Observe your list after a while and check to see what is it that you are consuming too much of. Take note to see if you are also getting enough fruits and vegetables and make changes to your diet accordingly.

3. Staying healthy

Staying slim and fit is not enough; staying healthy is key to making sure you lead a better life. Excess body fat can increase your chances for high blood pressure, heart disease, stroke, diabetes and other illnesses. If you are one of those who have constant weight fluctuations, you should consult a professional nutritionist such as **Aptima Nutrition and Sports** who can help you develop sensible eating habits for successful weight management. Regular exercise however, is still the key to maintaining a healthy weight.

In order to successfully manage your health, the best thing to do would still be to seek professional advice and help from people like nutritionists, dieticians or even, sports trainers.

To make a definite change in your health and lifestyle, you can visit **Aptima Nutrition and Sports Consultants**, a premier consultancy in Singapore that houses a team of internationally-trained and highly-dedicated dieticians and personal sports trainers to develop carefully planned and personalised programmes that will suit your lifestyle.

It is really not that hard to adopt a healthier lifestyle, all you have to do is to take the first step.

COMPANY INFORMATION:



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