



## HEALTHY LIFESTYLES

How to Get Enough  
Sleep at Night

Don't Let Worry  
Destroy Your Health

How to Meditate  
Properly the Easy Way

8 Awesome Benefits  
to Routine Exercise

Worth the risk?

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It's no secret that diet and exercise is good for your health. But even with all the evidence pointing towards regular exercise as being chalk-full of benefits for general health and well-being many people still just can't seem to find the time or motivation to work exercise into their busy schedules.

Let's take a closer look a dozen plus one benefits that exercise will be sure to give you.

**1. Exercise helps you to enjoy a INCREASED LIFE SPAN** - The results of a twenty year follow-up study are in! People who exercise regularly reduce the risk of dying prematurely.

**2. Exercise May IMPROVE QUALITY OF SEX** - Did you know that researchers now suggest that routine exercise will actually improve the quality of one's sex life? Yes, exercise that builds muscle strength, endurance, improves cardiovascular circulation and tones the body improve the sexual functions of both sexes. And of course, regular exercise may in turn make you more attractive to the opposite, improving your range of possible partners!

**3. Exercise promotes NEW BRAIN CELL DEVELOPMENT** - Exercise can stimulate the creation of new brain cells. Research now shows that the areas of the brain that are stimulated through routine exercise are responsible for memory and learning. Exercise making you smarter - imagine that!

**4. Exercise is an amazing ANTIDEPRESSANT.** Study after study has shown that exercise promotes mental health and reduces symptoms of depression. The antidepressant effect of regular physical exercise is comparable to the potent antidepressants like Zoloft. It may take at least 30 minutes of exercise a day for at least three to five days a week to significantly improve symptoms of depression.

**5. Exercise improves Your HEART HEALTH** - One of the leading causes of death in the United States is cardiovascular diseases, heart disease and stroke. Regular exercise makes your heart strong and healthy. Like any other muscle in the body, regular exercise is good for your heart as well.

**6. Exercise PREVENTS DIABETES** - The prevention and control of diabetes is another major benefit to exercise. Aerobic and anaerobic exercise in combination with a weight loss program and balanced diet can pass on a 50-60% reduction in risk of developing diabetes.

**7. Exercise helps WEIGHT CONTROL** - Regular exercise helps you to reach and maintain a healthy weight, loss fat and increase muscle mass and tone. If you take in more calories than needed in a day, exercise offsets a caloric overload and controls body weight. It speeds the rate of energy use, resulting in increased metabolism. A single exercise session lasting an hour can boost your metabolism by fifteen percent over the next 4-48 hours!

**8. Exercise makes your BONES STRONGER** - Active lifestyles promote bone density across all demographics. It doesn't matter if your male or female, 20 years old or 60 years old, regular exercise utilizing resistance training will increase your resistance to bone fractures and sprains.

One of the most profitable benefits to exercise however may be improved quality of sleep. A good night's rest can make the following day more productive, active and fulfilling. The body releases hormones during sleep (following exercise) like HGH and IGF which help to repair and revitalized damaged tissues including organs like the heart and brain.

In summary, consider this: "Which is greater - the 8 healthy benefits to routine exercise, or the benefits you get from not exercising?

- Written by: Will Hales (<http://www.will-hales.com>)

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# *How to Get Enough Sleep at Night*

Today's hectic lifestyle leads more and more people to neglecting the need for good sleeping habits. Getting enough restful sleep is important in keeping your health. Ideally, you should have seven to eight hours of slumber for your system to mend and heal itself efficiently. In reality, people only get less. About 50-70 million Americans suffer some kind of sleeping disorder.

There are plenty of remedies to help you transform your current sleeping habits. It is important to realize why you must develop good sleeping habits before taking a look at various remedies at your disposal.

## **Why get enough sleep?**

A good night's slumber, as mentioned previously, generally allows your entire body to mend and heal itself. During this time period, your body produces new cells, balances chemicals and rests muscles to help you function at optimum levels after you wake up. It is easy to spot some of its most notable advantages. Those who get enough restful slumber have better complexion than others who do not. They likewise have stronger natural defenses and so are less susceptible to heart disease, hypertension and depression.

Good sleeping habits also increase the performance of your own brain. The brain carries on to function even as you dream. You do not, however, put it to use as much when asleep as when you are awake. This implies the human brain rests whenever you enjoy a snooze. The brain will be able to process information more effectively and then make better decisions with a good night's rest.

## **What will happen if you don't get enough rest at night?**

Exhaustion is the least of your worries if you don't get enough restful slumber. The brain has difficulty registering information, which can affect your reaction time, judgment, memory and problem-solving skills among other things. Your cells are not able to regenerate,



Giving you bad complexion as well as a host of health problems. You become even more susceptible to disease as your defense mechanisms cannot produce enough antibodies. You also increase the likelihood of struggling with heart disease, hypertension and stroke.

Not getting enough rest at night also alters your mood drastically. These changes tend to gravitate to the negative facets of your personality. You end up being prone to depression, irritability, aggression, and additional stress.

### **What could you do to transform your sleeping habits?**

Obtaining a good amount of exercise helps you fall asleep at night. The human brain produces endorphins and serotonin whenever you exercise. This decreases your stress levels and helps you to relax later in the day.

Make sure to decrease your caffeine intake before going to bed. Caffeine stays within the body for four to seven hours. Limit your coffee intake to one cup and drink it early in the morning. This way, you are able to function throughout the day without influencing your sleeping habits at night. Don't consume tea, soda and chocolate too close to bedtime as well.

There are various natural sleep aids you can purchase that you can try. These have zero negative effects and work with your body's natural sleeping cycle, which makes it a healthy substitute for prescription sleep aids. These natural sleep aids include melatonin, chamomile, and passion flower.

You can even try some quick remedies that may help you go to sleep. Try to eat a protein-carb snack one hour prior to when you wish to sleep. Protein helps the brain produce serotonin and melatonin that will help you get deep sleep. Carbohydrates, meanwhile, helps your mind absorb protein faster. Try a whole-wheat cookie or cracker with peanut butter filling.

Written by: Tia Arnold ([articlesbase.com/authors/tia-arnold/1188655](http://articlesbase.com/authors/tia-arnold/1188655))

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# *Island Style Fried Rice Recipe*

## **Ingredients**

- 1 1/2 cups uncooked jasmine rice
- 3 cups water
- 2 teaspoons canola oil
- 1 (12 ounce) can fully cooked luncheon meat cubed
- 1/2 cup sliced Chinese sweet pork sausage (lup cheong)
- 3 eggs, beaten
- 2 tablespoons canola oil
- 1 (8 ounce) can pineapple chunks, drained
- 3 tablespoons oyster sauce
- 1/2 cup chopped green onion

## **Directions**

1. Bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes. Let the rice cool completely.
2. Heat 2 teaspoons of oil in a skillet over medium heat, and brown the luncheon meat and sausage. Set aside, and pour the beaten eggs into the hot skillet. Scramble the eggs, and set aside.
3. Heat 2 tablespoons of oil in a large nonstick skillet over medium heat, and stir in the rice. Toss the rice with the hot oil until heated through and beginning to brown, about 2 minutes. Add the garlic powder, toss the rice for 1 more minute to develop the garlic taste, and stir in the luncheon meat, sausage, scrambled eggs, pineapple, and oyster sauce. Cook and stir until the oyster sauce coats the rice and other ingredients, 2 to 3 minutes, stir in the green onions, and serve.



*Written by: [allrecipes.com/recipe/island-style-fried-rice/](http://allrecipes.com/recipe/island-style-fried-rice/)*



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Worrying never gets good results. It is not good for our emotions, our health, our creative ability or for fulfilling our life. Still we worry that if we don't stress out and worry like everyone else, how will others judge us? Will we be perceived as crazy, not normal, not right or as having low morality?

“

Why does most of the world live life this way? It is almost in conceivable to think that you can stop worrying. But, we can! ”

Relaxation expert Sarah McCrum, of the Academy of Potential Education said recently that “we can learn the art of natural relaxation - relaxing our thoughts and our body and simply doing nothing other than breathing and smiling. We can then use our relaxation skills and choose not to worry when we don't want to, and honestly, you never really want to worry. It will take time because we can't shut worrying off after all those years of indulging in it. But we can become better at cutting it off and not spiraling into a black hole.” Often, we worry because it is the norm and we don't realize that we have a choice.

We do have a choice if you are aware of it. It is your choice to make! Nobody can make you worry and nobody can stop you from not worrying..

Worry is actually pretty old fashioned. It belongs to our past and it is rapidly going out of style. It's not a creative lifestyle. It's not the lifestyle of the future. Just because most of the whole world worries, it doesn't mean that you have to! As human knowledge develops, human awareness and consciousness expands, and worrying will gradually disappear.

What is replacing worry now is relaxation - a deep trust in life itself. Your creative ability, your happiness, your health and your consciousness will grow the more you improve your ability to be relaxed. Your actions, your work, your responses to the world around you change when you know how to relax.

Often, when we are doing an activity we are either thinking about what we are doing or thinking about something completely different. We might even start to worry. We are too often in a state of unconscious tension, and are simply not physically and emotionally at peace. As a result, we block energy from entering and flowing through our body. And then our meridians aren't open and relaxed, so we get tired and find it difficult to experience joy.

When we learn how to relax and flow with life, we start to appreciate the world in a completely different way. When we are open, happy and experiencing natural relaxation, we can receive a higher source of life energy - quality energy that is light and vibrant, making us more positive and glowing.

Through proper relaxation training, we can learn how to not worry. We can learn how to breathe again like when we were a baby - relaxed and surrendered to life. We don't have to "do anything" but rather, just "be." Soon we learn that worry doesn't stem from external factors, but rather comes from inside ourselves. Then the more we become aware of it the more we can do to release that tension that we call worry.

To prevent worry from destroying your health and happiness, research a little and find a relaxation program with skilled experts to help you realize that there is a reason for everything, a cause and a remedy for everything. Every situation has a solution and we just have to find it. While we are searching we feel good and not so helpless, so we just keep on searching and we don't give up. The more knowledge we have, the more peace we have. We see possibilities, so we have a future. In this way, worry gradually and surely comes to its end.*Written by: Jimmy Allen ([articlesbase.com/authors/jimmy-allen/83464](http://articlesbase.com/authors/jimmy-allen/83464))*



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# How to Meditate Properly the Easy Way

Nowadays, yoga and meditation are extremely popular. Certainly, meditation is a great exercise improves body performance, strength and total health. From celebrities to icons and physicians, many have already experienced the amazing benefits of meditation.

Learning how to meditate properly can lead a person to success, happiness and enjoying inner peace. Through the years, doctors and researchers are studying the possible benefits of meditation. Meditating can improve your body's overall health. It also allows more oxygen to reach the blood which leads to more energy.

Most importantly, meditation can improve an individual's ability to concentrate. Your ability to concentrate is strengthened and developed especially if you practice it on a regular basis. After a few weeks of learning how to meditate for beginners, you will notice an improvement in your concentration on work and other tasks.

Definitely, learning how to meditate for beginners and committing to it have many advantages that can affect your health and your career.

## **Easy Steps on How to Meditate Properly**

To mediate is the art of focusing on one single item without getting distracted. Once you learn how to concentrate, it will become easier for you to learn how to meditate properly. Allow the sound of silence and you become one. If you have done this properly, you can easily learn how to meditate.

First thing that you should do on meditating is to find a quiet place. Find the best location where you think you can meditate. Ideally, you should have a room that you can use solely to meditate. If your space is rather small, this may not be possible. If you have very limited space, make use of a small area in your room to meditate, preferably a corner that is free from clutter.

Afterwards, try to relax. Switch off from all thoughts. You do not need to do anything special to relax. Try your hardest to not think of anything for the next few minutes. Then, slowly relax your muscles and try to imagine the tension draining away from them. As you relax, let go of all your thoughts and just be aware of the present. This might be easier said than done. So to be able to succeed in this step on how to meditate properly, pick a time that is convenient to you and you know you will not be bothered by anyone in your household.

Next is to get in the right posture. Posture is an essential part of meditating. The best posture for meditation is to sit cross-legged with a straight back. Lying down may make you feel sleepy as you meditate.

To silence the mind is the most difficult part of meditating. The mind is used to constantly receiving and processing information. It is only when your mind is completely silent can you begin to delve deep into your soul and discover your true self.

### Things to Remember before Trying to Learn How to Meditate Properly

Meditation is beneficial when it is done properly. But bear in mind that it is not easy to learn how to meditate properly. Overcoming your difficulties is one of the lessons you will learn on meditation. Do not get disheartened and keep persevering. Do not eat a heavy meal before you meditate. Eating heavy meal.

Is can make you lethargic and causes you to feel sleepy. If you must eat, a light snack of some fruit is enough. Also, you can take a bath and put on some loose cotton clothes to make your body feel comfortable. The more comfortable you are, the easier it is for you to learn how to meditate properly.

Written by: Lachelle Parsons ([articlesbase.com/authors/lachelle-parsons/1230373](http://articlesbase.com/authors/lachelle-parsons/1230373))



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# WORTH THE RISK?

By: Madison Elliott / [MadisonBElliott@gmail.com](mailto:MadisonBElliott@gmail.com)

Leather is the “in” look in fashion in society today. However, do you want to look like leather? Skin should be soft and smooth like a baby’s bottom, not rough and wrinkly like a high dollar leather bag. Leather is the look in fashion not in skin. Do you want to look like leather when you are older? Teenagers today are starting to use tanning beds more frequently than ever before. Having a “healthy glow” makes people feel good and look good, but that “healthy glow” is not healthy at all, especially if that glow is from a tanning bed. Teens neglect the harm they are doing to their bodies for their personal appearance. Teenagers under the age of eighteen should not be allowed to use tanning beds because it causes skin cancer and wrinkles. Tanning beds should be banned for people under the age of eighteen, and the true facts about tanning beds should be broadcasted to parents and teens. If they are using a tanning bed they need to be aware of the dangers and not be permitted to these tanning traps.

Tanning beds have been linked to different types of skin cancer.

"The more artificial ultraviolet rays one absorbs, the greater the odds one will develop melanoma someday." ("Tanning Beds Can Kill You"). The most common skin cancer found on people who use tanning beds is melanoma. Tanners have a 75% greater risk than people who do not tan in tanning beds, and if you are a heavy tanner you have a 300% greater risk ("Tanning Beds Can Kill You"). Melanoma damages the immune system and weakens the skin. It has also been proven that fourteen to seventeen year olds who use tanning beds are more likely to be unaware of the warning labels on tanning beds (American Academy of Dermatology).

Tanning has become fashionable among teenagers. Most teenagers do not care about the risk they are putting on their body, they care about the glow they will have after leaving the tanning bed. Samantha Hessel began going to tanning salons before her freshman prom. When she was nineteen she found a mole that was melanoma (Szabo, Liz). Teenagers look up to celebrities, and they copy celebrities' actions and habits. If celebrities have a glowing tan, teenagers will attempt to mimic that. Most models and actresses are too worried about the risk of sun-damage to their skin, so the images teens are seeing of them are touched up and air brushed (Sommerfeld, Julia).

It is not just teen girls that are flocking to tanning beds, teen boys are too. “In an unpublished national study of nearly 1,200 randomly selected youngsters 11 to 18, Dr. Martin A. Weinstock of Brown University found that 11% of boys ages 17 to 18 say they have used tanning beds.” (Allen, Jane E.). The pretty and popular girls are the ones with the nice tan (Sommerfeld, Julia). Getting spray tanned seems like the smarter thing to do because you have no risk of a cancerous disease, but teens will not do it. Teens do not think a spray on tan can compare to the real glow. It is prettier and more popular to have the real thing which is ironic because using the tanning beds causes wrinkles, cancer, and if you do get cancer, you might end up with unflattering scars from having to get surgeries to remove the cancerous cells.

Parents also have a false perception about tanning beds. Tanning bed companies are hoping that the parents that are reluctant to allow their child go to tanning beds get the message that vitamin D is healthy and that their child can get it using the beds. In reality “research that links low levels of vitamin D (which the skin naturally makes when exposed with sunscreen to ultraviolet rays from the sun) to higher risk of cancer, heart disease and autoimmune disorders, the Indoor Tanning Association (ITA) sees an opportunity to recast

the public's view of tanning" (Wingert, Pat). Is this not enough information to scare teens out of tanning beds? The objective is to keep that "summer glow", not to develop heart disease or immune disorders. The United States Department of Health and Human Services and the World Health Organization's International Agency for Research on Cancer have classified UV radiation from tanning beds as cancerous and in the same category as cigarettes, yet a number of tanning bed users from ages fourteen to seventeen still think tanning beds are safer than the sun (American Academy of Dermatology). "Skin and cancer experts also strongly dispute the ITA that contends there is 'no compelling scientific evidence' linking melanoma, the most deadly type of skin cancer, and the sun." (Wingert, Pat).

Doctors are concerned about the ITA's pro-sun ads because of the new number of melanoma cases that have an increasing number of females 15 to 29 and also males the same age. Dr. Anir Dhir, a dermatologist in Lexington, KY, has treated 800 cases of melanoma and out of the 800, 60 of them were in women younger than 30 years old who were tanning bed users (Wingert, Pat). If warnings about cancer will not get teens attention, maybe having wrinkles and looking leathery will. When heavy tanning bed users are older,

they will have wrinkles and appear leathery because of the time they spent under the tanning bed's bulbs. The bulbs that are used in tanning salons emit 15 times the rays of natural sunlight, elevating the possibility for frequent users of developing both melanoma and other cancers (Nedeau, Jennifer). "The FDA currently ranks tanning beds as a Class I medical device, which provides a minimal level of regulation and oversight similar to bandages, tongue depressors, gauze and crutches." (American Academy of Dermatology). It is important for the FDA to change the classification of tanning beds to reflect the higher health risks that they cause.

A taxation and ban has been placed on teens using tanning beds. States with existing laws restricting teenagers tanning are: Arizona, California, Connecticut, Florida, Georgia, Illinois, Indiana, Kentucky, Louisiana, Maine, Massachusetts, Michigan, Minnesota, Mississippi, New Hampshire, New Jersey, New York, North Carolina, Ohio, Oregon, Rhode Island, South Carolina, Tennessee, Texas and Wisconsin (Nedeau, Jennifer). Even though bans and taxes have been placed on tanning, it only seems to have minimal benefits. "Most of the laws require underage teens to get parental permission to lie under the tanning bed heat lamps that emit intense UV light." (Nedeau, Jennifer). Bans like these help to give parents the legal

backing they need. A 10% tax in health care bill was passed in Pennsylvania. The number of salons in Pennsylvania dropped from 1,052 in 2009 to 967 in 2011 (Wereschagin, Mike). The tax put on tanning made many tanning salons out of business because people could not afford to go to the tanning out as often as they did before the bill was passed. “State lawmakers are considering two bills to tighten regulations on the industry. A Senate proposal would require a parent’s signature for minors who want to tan and a doctor’s note for anyone younger than fourteen. A House bill would ban anyone younger than eighteen from using the salons.” (Wereschagin, Mike). Teens must think about the risk they are putting on their bodies and what could happen next time they use a tanning bed. Teens may want to seriously consider having a spray tan instead of the “natural glow” they would get from the tanning bed to save money and to save their body from the risk of cancer. People should look at tanning beds the same way they view smoking and underage drinking. Tanning beds are a health hazard and a danger to everyone who takes the risk. People under the age of eighteen should avoid tanning beds all together because you do not want to start risking your skin at a young age and increase your chances of getting skin cancer earlier in life.

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