

HEALTHY LIFESTYLES LIVING

HEALTHY LIFESTYLE

THE BEGINNER'S GUIDE

This simple guide contains everything you will need to know about achieving and living a healthy lifestyle.

WHAT IS IT - WHY YOU NEED IT - HOW TO GET IT



Disclaimer

The information contained in this guide is for educational purposes only and should not replace the care and/or advice of your doctor and healthcare providers.

Talk to your doctor before making any big changes to your diet or physical activity levels.

A woman with long brown hair, wearing a large, wide-brimmed straw hat and a white long-sleeved shirt, stands on a sandy beach. She is looking off to the side with a slight smile. The background shows the ocean and a clear blue sky. The text is overlaid on a semi-transparent white rectangle in the center of the image.

**A SIMPLE GUIDE
— TO A —
HEALTHIER YOU!**

CONTENTS

WELCOME	5
ABOUT THE AUTHOR	8
WHAT IS A HEALTHY LIFESTYLE	10
BENEFITS OF A HEALTHY LIFESTYLE	12
IT COMES DOWN TO CHOICE	17
HOW HEALTHY ARE YOU NOW	19
THE COMPONENTS OF A HEALTHY LIFESTYLE	20
TURNING THEORY INTO PRACTICE	48
MY STORY	51



WELCOME

In a nutshell a healthy lifestyle is all about making the right choices. You've made a wise choice by downloading this book but that was the easy part. Whether you like it or not, you'll continue to make lifestyle choices from this moment forward, good and bad.

You have the choice to read through this guide right now and put the great information it contains to good use or you can simply ignore it and put it to one side to read later (and then forget about it).

My point? The conscious choices you make on a daily basis will determine if you live a healthy lifestyle or not.

“

"A HEALTHY LIFESTYLE IS MAKING THE BEST DAILY LIFE CHOICES TO PRESERVE GOOD HEALTH & WELLBEING"

- Larry Lewis



A healthy lifestyle seems to be an incredibly popular topic. Due to its importance there should be no surprise with this. My blog gets a minimum of 500 people a day searching out information on a healthy lifestyle.

But, what I find crazy is how little people still know about a healthy lifestyle. Too many still seem not to know what it really means to have a healthy lifestyle or what they need to do.

When they start exploring to develop their understanding so they can make a start, they find themselves getting more and more confused by either conflicting information or in truth a lot of total nonsense people seem to write.

- *Are you struggling with ill health?*
- *Maybe your doctor told you that you needed a healthier lifestyle.*
- *Maybe you're sick and tired of being the self-deprecating big guy/girl in your group of friends.*
- *Maybe you just had a child and realized you need to be there for him or her growing up.*
- *Maybe you woke up this morning, looked in the mirror, and finally came to the realization that it's time to start taking care of yourself.*

Whatever your reason is for wanting to make a change, you're not alone! Every day, thousands of people make the decision to start improving their lifestyle... and every day those thousands of people don't really have any plan or idea what they're doing.

By the end of this guide you will no longer be in the dark.

But what does it really mean to have a healthy lifestyle?

First, let me make it very clear, a healthy lifestyle *is far more than just diet and exercise.*

In general, most would agree that a healthy person doesn't smoke, is at a healthy weight, eats a balanced healthy diet and exercises. Doing all four of these things would be a great start towards a healthy lifestyle, but there is more to it than that.



This guide is for people who are saying to themselves, "I want to live a healthy life, but it seems so complicated; where should I begin?"

It is designed to help you successfully implement a healthier lifestyle. My goal is to put you in control of your health and to help you learn how to incorporate the necessary healthy lifestyle components into your and your family's lives.

To Your Health,

Lakky Lewis.

Health & Wellness Life Coach.
www.healthylifestylesliving.com

ABOUT THE AUTHOR

My Name Is Larry Lewis, Health & Wellness Life Coach, Blogger at Healthy Lifestyles Living, contributor to the [Huffington Post](#), author of [The Single Page Plan](#). Although originally from London I now live in County Durham, United Kingdom.

My life collapsed in 2009. I lost my amazing home, was declared bankrupt and life spiralled out of control having experienced extremely bad health, losing sight in one eye and the breakup of my marriage after 20 years. Probably nothing hurt me as much as the loss of my physique, muscles and fitness.

The journey back to fitness has been a hard one. Recovering from illness has been a rocky road. A journey I'm yet to fully complete, but now I am well on the road to making a full recovery, and have learnt so much more from being on the other side as they say. I am by far a better coach having now been on both sides of the fence, a gym instructor, healthy, and fit, and a guy struggling with ill health, unfit and fat.

I love to write, coach and inspire others. Being a qualified Life Coach, having owned my own chain of fitness clubs and having been a fitness instructor and someone who had been introduced to the field of personal development from the age of 13 and has studied and practiced it throughout my life, it was a natural progression to start a Wellness and Life Coaching practice and develop blogs, books and programs which allowed me to empower, and help others realise their personal health, fitness and life goals once I was no longer able to run my gyms after my loss of vision and retinal detachment.

It's so rewarding to see or hear stories about how many of my clients' and my readers lives have been transformed by the information I share. My purpose is to use my knowledge, experience, and enthusiasm to empower and inspire others to discover their passions and fulfil their dreams.

I can help you. I don't have "magic answers" – there aren't any! I don't talk in jargon, psychobabble, or promote the latest big craze. I am straight forward and down to earth, with masses of experience backed up by qualifications, training and now life experiences. I use tried and tested techniques which I know work because they do for me!

We can all have health! With that being said, let's look at what it takes to have a healthy lifestyle.

WHAT IS A HEALTHY LIFESTYLE

The starting point for this guide has to be to define exactly what is meant by the term a "*healthy lifestyle*." To do this let's first look at the two words separately.

First we will define **HEALTH**.

The World Health Organisation in 1946 defined health as:

"A complete state of mental, physical and social well-being not merely the absence of disease."

According to Merriam-Webster the definition of health is:

"The condition of being sound in body, mind, or spirit."

My favourite definition is from the Free Dictionary:

"A relative state in which one is able to function well physically, mentally, socially, and spiritually in order to express the full range of one's unique potentialities within the environment in which one is living."

Now let's look at the word **LIFESTYLE**. It is defined as "*the way in which a person lives*."

The American Heritage Dictionary of the English Language defines lifestyle as:

"A way of life or style of living that reflects the attitudes and values of a person or group."

Dictionary.com says it is

"The habits, attitudes, tastes, moral standards, economic level, etc., that together constitute the mode of living of an individual or group."

Wikipedia defines a lifestyle as the way a person lives:

"This includes patterns of social relations, consumption, entertainment, and dress. A lifestyle typically also reflects an individual's attitudes, values or worldview. A healthy lifestyle is generally characterized as a balanced life in which one makes wise choices."

A final definition of lifestyle is:

"The aggregation of decisions by individuals which affect their health, and over which they more or less have control."

That's a whole lot of definitions but nowhere does any website (which I could find at the time of writing this guide) actually define the term "healthy lifestyle." So in the beginners guide spirit I have coined my own simple healthy lifestyle definition in one (easy to understand) sentence.

"A healthy lifestyle is making the best daily life choices to preserve good health and well-being, lowering the risk of being seriously ill or dying early."

Larry Lewis

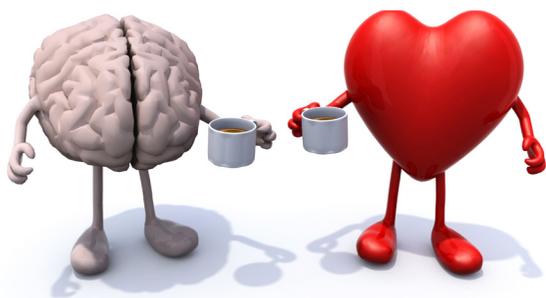
Yes you did read that right. The risk of **not** having a healthy lifestyle is **death**. You may think I'm over exaggerating but it's so important to live a healthy lifestyle yet so many of us choose unhealthy lifestyle choices every day. We have the mindset of "*it will never happen to me*" but over time living an unhealthy lifestyle will catch up with all of us"

With that said, let's move on to the benefits of living a healthy lifestyle and how you can start making positive changes to your current lifestyle.

BENEFITS OF A HEALTHY LIFESTYLE

One thing that you all need to know, and that I am sure is a reason that many of you are here is that although not all illnesses are preventable, it is a fact that a large proportion of deaths, particularly those from coronary heart disease and lung cancer, can be avoided. In addition many chronic diseases can also be avoided. Both of these things can be achieved by having a healthy lifestyle. Can there be anything more important?

To those of you going through illness right now, you have my sympathies. I know how hard a time like this can be. I do hope you are getting great support from others. I know I have a lot of doctors to thank for part of my recovery but, and this is a big but, much of my recovery wasn't me relying exclusively on the care I was getting from the highly trained health professionals and doctors **but it was down to me** making big changes in my lifestyle.



You owe it to yourself to create a lifestyle that is going to best support you and ultimately help you recuperate. A healthy lifestyle can help bring about dramatic improvements as well as ensuring things don't get worse.

To those of you who have no health worries in the slightest, do everything you can to ensure things stay as they are and your best way of preventing problems in the future is by having a healthy lifestyle today.

Every one of you has your own motivations for wanting to start building your own healthy lifestyle. I'm sure we all want to live a long, happy and healthy life where we are always full of energy and vitality, free from disease and illness.

There are plenty more reasons why having a healthy lifestyle is a good idea.

A healthy lifestyle has an incredible number of benefits, for example:

- *Reduces the incidence and impact of health problems*
- *Reduce the risk of heart disease, stroke and diabetes*
- *Reduction in probability of virtually all diseases*
- *Increase the length of one's life*
- *Improve joint stability and flexibility*
- *Increase overall strength and stamina*
- *Maintain bone density*
- *Prevent osteoporosis and bone fractures*
- *Improve sense of wellness and mood*
- *Reduce symptoms of anxiety and depression*
- *Improve self-esteem*
- *Improved self-confidence*
- *Improve sharpness and clarity of mind*
- *Improve memory in elderly people*
- *Reduce stress*
- **IMPROVES OUR QUALITY OF LIFE**

Let me back this up with a few statistics, just to ensure you truly understand the importance of having a healthy lifestyle.

The NHS (National Health Service - UK) annually spends more than:

- *£5 billion on obesity-related conditions*
- *£2.7 billion on alcohol-related conditions*

Both of which are the result of lifestyle choices impacting on an individual's health.

In a report discussing these statistics it was said:

"As a measure to improve the health of the nation, and the resources and sustainability of the NHS, it would be advantageous to explore ways in which an individual's lifestyle choices could be changed to promote health and prevent lifestyle related diseases burdening the NHS."

Source: 2013 Scottish Universities Medical Journal

The Health Survey for England 2011 found:

- *Obesity has increased substantially over the period of 1993 to 2011 from 13% to 24% in men and 16% to 26% in women.*
- *23% of adults are obese with a BMI of over 30 and 61% are overweight or obese with a BMI greater than 25.*
- *33% of 10- 11 year olds and 23% of 4-5 year olds also have a BMI greater than 25.*
- *In 2010, obesity was responsible for 11,173 episodes of treatment in hospitals equating to 25,322 bed days with a mean stay in hospital of 3.7 days.*

- *If current trends in obesity remain, the estimated annual cost to the NHS in 2015 for diseases related to being overweight and obesity amount to £15 billion with obesity alone predicted to demand £9 billion.*
- *Doctor-diagnosed diabetes increased in men from 2.9% in 1993 to 7% in 2011, and 1.9% to 4.9% in women over the same time period.*
- *It is estimated there are 2.8 million people with diabetes and it is predicted to increase to 4 million by 2025.*
- *The rise in obesity is predicted to correlate with a rise in diabetes prevalence of 6-8.5 million and 5.7-7.3 million cases of stroke and heart disease.*

It drew the conclusion that:

"More needs to be done to change the attitudes and behaviours of individuals to lifestyle choices in order to promote health and prevent disease, consequently easing the strain on NHS services and resources that is currently imposed upon them."

Compelling evidence for the importance of a healthy lifestyle!

Now let me share some good news. An overweight person by achieving a proper weight level can:

- *Cut their risk of heart disease by up to 25%,*
- *Reduce their risk of a heart attack by 29%,*
- *Reduce their risk of diabetes by up to 64%,*
- *Reduce their risk of having high cholesterol by 33%,*
- *Reduce their risk of dying from any cause by 16%,*
- *Reduce their risk of asthma by 30%,*
- *Reduce their risk of stomach cancer by 10%,*
- *Reduce their risk of gallstones by 60%,*
- *Cut their risk of osteoarthritis by 12%,*

- *Reduce their risk of oesophageal cancer by 55%,*
- *Cut their risk of having high blood pressure by 44%.*

So what do all these stats and figures really mean? In a nutshell we are living life today without a thought for the future. Too many unhealthy conveniences are taking precedence over good healthy choices. After all it takes less time to phone for a takeaway than stand and cook a healthy meal right? Unfortunately our mindset is one that will happily choose convenience and more time over health and wellbeing.

If you don't want to become a statistic then surely you only have one choice - **to now start implementing a healthy lifestyle.**

IT COMES DOWN TO CHOICE

Every day we get to make choices.

Some of these choices are insignificant, like which socks you are going to put on in the morning.

Others can change your life forever, for example deciding that you will never smoke again.

Whatever choices we make we have to accept the consequences of them whether good or bad.



If you have from this point forward chosen to live a healthy lifestyle, it is your responsibility to follow through on this. What I will ensure is you know the things that you're going to have to do.

Let's be clear here. Living a healthy, happy life depends on you implementing a healthy lifestyle. Implementing a healthy lifestyle depends on the choices you make.

Let's look at a few obvious examples.

- You choose to spend your free time today watching Television or **alternatively you choose to spend one hour in the gym.**
- You choose to eat a greasy fry up for breakfast or **alternatively you choose oatmeal and fruit.**

Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

