

20 Ways To Live A Happy And Healthy Year

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The New Year has begun and two resolutions that we should all make into achievement is to live happy and healthy this year. Wouldn't it be fantastic to feel that way? You don't have to worry about spending money or make changes to your plans in life in order to being happy and healthy to happen. Many opportunities and simple things in life you can do that will keep your good spirits up and see positive outlook to feel thankful and blissful throughout the year. Here are 20 ways to begin your wonderful journey!

1. Exercise at least 2 - 3 times per week (it can be playing a sport, attending aerobics fitness/Zumba classes, or running on the treadmill at the gym).
2. Stretch your body every morning to feel fresh and ready for the day.
3. When you feel tired, go to sleep on a regular schedule to give your body and mind enough rest for the next day.
4. Take a break to sit down and relax during busy schedules, and enjoy the moments on your vacation days.
5. Plan the time to cook a tasty home-cooked meal at least 1 - 3 times a week. Cooking food at home will help you save money and is healthier.
6. Take a minute once a day to think positive thoughts, focus on goals, and what things you can do to make a difference for others. Even if you had a nice hot cup of green tea to feel refreshed, you are having a great day. Or greet people with a smile those you pass by on the street.

7. Eat more fruits, vegetables, meat, and healthy food. Avoid high sugar snacks, oily sauces, deep fried, and greasy food. Also avoid processed cheese and meat – those are high in sodium levels, which can affect health issues.
8. Drink more orange juice that contains vitamin C + D for healthy skin and bones.
9. Drink hot green tea. It contains high-powerful antioxidants and nutrients to improve immune system, blood circulation in the body, and help battle off heart disease and reduce your risk of cancer.
10. Don't go to bed when you are in a bad mood. Read an interesting book or watch funny videos.
11. Keep-in-touch with close friends and family. Meet them for lunch, dinner, or coffee. Attend an event or do activities together. E-mail, send a text message, call on the phone, or write a letter.
12. Balance quality time to spend with close friends, your significant other half, family, and yourself.
13. Write in a journal, calendar, or take photos of your happy days and blissful moments. One day you will reminisce and think those days were good times and good memories.
14. Listen to relaxing and calming music. Music can heal your soul and make you smile when you are sad. Music can make you dance and feel awesome when you are happy.
15. When you feel sad, cry out your tears. Holding inside your heart of repressed negative emotions will never bring you strength to a happy disposition in your character.
16. Instead of playing video games, or watching TV at home, take up a new hobby.
17. When something upset or bothers you, don't bury it inside and keep it to yourself, talk to someone you can trust and understand.
18. If you think of great ideas or thoughts, write it down in a notebook. Writing is the perspective of aspirations.
19. Show kindness and gratitude to people in your life. Volunteer your time and effort and be the person who can make a difference for others.
20. Plan something for yourself to look forward to every weekend. It can be reading a good book, shopping with a friend, cooking a tasty meal, go on a joy ride, eating dinner with family, significant other half, or friends, attending a ballroom dance class, watching a movie, attending a piano recital, or drinking hot chocolate sitting on the floor beside the fireplace.