1. THINK POSITIVE AND FOCUS ON GRATITUDE

Research shows a healthy positive attitude helps build a healthier immune system and boosts overall health. Your body believes what you think, so focus on the positive.

2. EAT YOUR VEGETABLES

Shoot for five servings of vegetables a day — raw, steamed, or stir-fried. A diet high in vegetables is associated with a reduced risk of developing cancers of the lung, colon, breast, cervix, esophagus, stomach, bladder, pancreas, and ovaries. And many of the most powerful phytonutrients are the ones with the boldest colors — such as broccoli, cabbage, carrots, tomatoes, grapes, and leafy greens.

3. SET A “5-MEAL IDEAL”

What, when, and how much you eat can keep both your metabolism and your energy levels steadily elevated, so you’ll have more all-day energy. A "5 meal ideal" will help you manage your weight, keep your cool, maintain your focus, and avoid cravings.

4. EXERCISE DAILY

Did you know that daily exercise can reduce all of the biomarkers of aging? This includes improving eyesight, normalizing blood pressure, improving lean muscle, lowering cholesterol, and [improving bone density](http://www.gaiam.com/discover/252/article/5-ways-boost-bone-building-power-workout/). If you want to live well and live longer, you must exercise! Studies show that even ten minutes of exercise makes a difference — so do something! Crank the stereo and dance in your living room. Sign up for swing dancing or ballroom dancing lessons. Walk to the park with your kids or a neighbor you’d like to catch up with. Jump rope or play hopscotch. Spin a hula hoop. Play water volleyball. Bike to work. Jump on a trampoline. Go for a hike.

5. GET A GOOD NIGHT'S SLEEP

If you have trouble sleeping, try relaxation techniques such as [meditation](https://www.gaiam.com/pages/meditation" \o "meditation products good for sleep by Gaiam)and [yoga](https://www.gaiam.com/pages/yoga" \o "yoga products to help you sleep by Gaiam). Or eat a small bedtime snack of foods shown to help shift the body and mind into sleep mode: whole grain cereal with milk, oatmeal, cherries, or chamomile tea. Darken your room more and turn your clock away from you. Write down worries or stressful thoughts to get them out of your head and onto the page. This will help you put them into perspective so you can quit worrying about them.

Today healthy lifestyle is becoming more and more popular both with the old and the young. People have become more health-conscious. They say that the greatest wealth is health. And it’s so true. The healthier we are, the better we feel. The better we feel, the longer we live.

A healthy diet is an essential part of staying healthy. We know that we should not stuff ourselves with fast food, sweets, sausages, pastry and fat food. Due to medical research, this type of food shortens our life, it leads to obesity, heart and blood vessels diseases, diabetes, gastric problems and lots of other serious ailments. To prevent all these problems we should enjoy well-balanced home-made meals with a lot of organic fruits, vegetables, dairy products, grains and seafood. We are what we eat.

Keeping fit and going in for sports is also important for our health. Lack of exercise in our life is a serious problem. In big cities people spend hours sitting in front of computers, TV-sets and other gadgets. We walk less because we mainly use cars and public transport. We certainly don’t have to be professional sportsmen, but we should visit fitness clubs, go jogging, walk much, swim, go cycling or roller-skating or just dance. Doctors say that regular moderate physical activity is necessary for our body because it protects us from strokes and heart diseases, flue and obesity.

We must understand the harm of bad habits for our health. Smoking, drinking or taking drugs mean serious illnesses and even death from lung cancer or liver diseases, for instance. Cigarettes kill about 3 million heavy-smokers every year. Drug addicts die very young. So I think there is no place for bad habits in a healthy way of life.

Taking a proper rest and getting enough sleep, from 8 to 10 hours daily, are also great healthy habits. Sleep is the food for our brain and the rest for our muscles. Moreover we should avoid getting nervous or worried for no reason.

Healthy way of life concerns our body, mind and soul. Healthy people live longer, they are more successful and they enjoy their life. I believe that it’s not difficult at all to follow these simple rules, and they are worth it.