



Taking Control of Your Health

Taking care of your health is incredibly important, but sometimes it can feel like a chore. Whether you feel too busy with other things, or it just feels too expensive, it can be difficult to make your health a priority. In this article, we are going to talk about some simple and easy ways you can take back control of your health and ultimately feel healthier and happier.

Be Your Own Advocate

Advocating for yourself is one easy way to take back control of your health. You know your body best, and you know what works best for you! You know which medications or remedies work well for you and which don't. For example, I tend to always come down with something around the holidays. After multiple (expensive) doctors visit, we couldn't seem to find anything that would help me recover. Now I know that steroid packs are the thing that works best for me, and I can advocate for myself in the future. Being your own advocate can give you more control and peace of mind.

Healthy Eating

Another way to take back control of your health is to be mindful of the things you are putting in your body. Choosing fruits and vegetables over chocolate or potato chips can significantly improve your health, and make you feel better physically. [According to the CDC](#), healthy eating can help you live longer, strengthen your bones, and lower your risk for diseases such as type 2 diabetes and heart disease. It may seem like a big step to change the way you eat, but even small changes like adding more vegetables to your diet can greatly improve your health.

Exercise

We've all heard it before, from family members to medical professionals, but exercise really does improve your health, not only physically but mentally as well. [The Mayo Clinic](#) states that exercise can help you control your weight, combat diseases, improve sleep and mood, as well as boost your energy levels. The benefits of physical activity are endless, and the best part is you don't have to have an expensive gym membership to get exercise each day. Here are a few things you can do at home to stay active:

- Go for a walk

- Find workout videos (for any level) on YouTube that you can do at home!
- Yoga
- Dance
- Easy daily stretches

Find Foods that Help Your Body Heal

Believe it or not, there are foods that have elements that can help your body heal. Many people suffer from inflammation, and it can be debilitating. [According to Harvard Medical School](#), many major diseases that plague us—including cancer, heart disease, diabetes, arthritis, depression, and Alzheimer's—have been linked to chronic inflammation. Certain foods can contribute to inflammation, such as soda, red meat, and fried foods. However, there also foods to help fight off inflammation and help your body heal. These anti-inflammatory foods include:

- Tomatoes
- Leafy Greens(spinach, kale)
- Nuts(almonds, walnuts)
- Fatty Fish(salmon, tuna)
- Fruits(strawberries, blueberries)

All of these foods are are high in natural antioxidants and polyphenols, and can help protect against inflammation.

In conclusion, taking control and prioritizing your health can help you live a longer, happier life. Don't wait, take back control of your health today!