5 Habits of Active People

01 GET ENOUGH SLEEP

Getting enough sleep is imperative for developing or maintaining a healthy lifestyle. Find a routine that works for you, so you can tackle your days with ease.

02 APPLY THE 80/20 RULE

Apply this rule for eating; 80% of the time you will eat healthy food options, and 20% of the time you will have foods you can indulge in (within reason). This way, you're eating healthy, and still enjoying some of your favorites foods.

03 CHOOSE A TIME OF DAY TO BE ACTIVE

Find a time that works for you to workout, go for a walk, run, or ride a bike. If it is easier to do it first thing in the morning, do it. If it's easier in the evening after work, do it. Make yourself and your health a priority.

04 MIX IT UP

The body adapts to change over time so it is important to keep things fresh. Shaking things up now and then will keep you engaged, excited, and seeing results.

05 REST!

Rest days are just as important as working out, your body needs the rest to recover and build stronger muscles and bones. Just make sure your rest DAY doesn't turn into a rest WEEK. Choose 1-2 days a week to rest.