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Practical Ways To Build Your Health and Fitness

You've probably already read hundreds of tips about building your health and fitness but found most of them a little silly or impractical. Making fresh, home-cooked meals every night and spending hours at the gym simply don't work for your schedule. Don't despair, though. There are still some practical ways to become healthier and fitter — ways that fit your budget and schedule. Today, [GoTarryn! Health and Fitness](#) invites you to read on to learn about some of them.

Gradually Change Your Eating Habits

Most people can't change their eating habits overnight, and if you're one of them, that's okay. You can make [gradual changes](#) over time that leave you healthier in the long run. First, go through your cupboards and refrigerator, and survey the contents. Decide which items you want to eliminate (or at least cut back) first. Perhaps you can stop eating so many greasy chips or drinking so much soda. You might also decide to incorporate healthier choices into two or three meals a week. Work up slowly from there, phasing out junk food and phasing in whole grains, lean proteins, and fruits and vegetables.

Build an At-Home Exercise Routine

There's no need to spend hundreds of dollars on a gym membership to increase your fitness level. You can build an [exercise routine](#) right at home, which is a particularly great idea if you're working from home. Remember to start slowly, especially if you haven't done much exercise in a while. Go for a walk or bike ride around your neighborhood, then repeat your route a few times a week. If the weather doesn't cooperate, try aerobic dance indoors, or consider investing in a treadmill. You might also purchase a [set of weights](#) and start working out with those. The most important thing is to stick to your routines and increase your activity level gradually over time.

And for dog-owners, you have an additional option: go running with your dog! They'll appreciate the attention, and you'll both benefit from the exercise and fresh air. However, to make sure your new exercise buddy stays safe, [do them a favor](#) and invest in an escape-proof harness so that you can keep an eye on them.

Reduce Your Stress

Stress can greatly reduce your health and happiness, so you need to [reduce your stress](#). Eating better and exercising help with this, but you might try to incorporate more downtime for fun and relaxation into your schedule. Work on a hobby you enjoy. Go out with friends. Read a favorite book. Play with your pet.

Part of reducing your stress might also mean learning how to say no. You need to set some boundaries in your life to keep others from taking advantage of you and to make sure you have enough time to take care of yourself. Finally, you could take some time for prayer, meditation, mindfulness, or [breathing exercises](#) to reduce stress.

Be Healthier at Work

If you work lots of hours, try to incorporate health and fitness routines into your workday. Resist the urge to continually snack as you work, for instance, or choose [healthier snacks](#), such as fruit. Bring your lunch from home if you're tempted to splurge on fast food, and choose water instead of sugary drinks. Also, get up and get moving throughout the day. Spend part of your time standing during meetings (just explain what you're doing). Use the stairs rather than the elevator, and go for a walk during breaks.

Stay Practical

You don't have to make dramatic, sudden life changes to build your health and fitness. You can make practical, gradual changes and still get results.

Dr. T. of [GoTarryn! Health and Fitness](#) is an exercise physiologist and fitness professional of over 20 years. Reach out today to [get started!](#)