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Small Daily Habits You Can Use to Improve Big Picture Health

Many people who are trying to live healthier lives resort to extreme measures, like getting up at the crack of dawn to fit in intense workouts or eating restrictive diets. The truth is that these extreme measures are hard to sustain and thus often fail. You'll have an easier time improving your health and well-being if you take small, actionable steps that you can maintain every day.

This guide from [GoTarryn! Health & Fitness](#) lays out some practical measures you can easily incorporate into your daily routine. Follow these tips to start living a healthier life today.

Start cooking for yourself instead of ordering in

Research shows that a home-cooked meal is [healthier than a restaurant meal](#). One reason for this is that restaurants tend to use more salt and butter. When you're cooking for yourself, you also have better control over portion sizes and are more mindful of what you put into your body.

If you struggle to find the time to cook, consider crockpot recipes. These "dump and go" slow cooker meals simply require you to put the [ingredients you need into the pot](#) and do little else but wait. Plus, they're easy to reheat, so you've got food for meal prepping.

Revamp your exercise routine for maximum impact

Exercise is another important component of healthy living that can be tough to maintain when you're busy with work, school, family, and friends. But having an accountability partner and workout buddy can help you stick to an exercise routine. A little friendly competition can be key. Maybe you want to reconnect with someone from back in the day that you played

ball with; if that's the case, go online and check out your old school alumni, making it a point to [find one or two old classmates](#) who are also looking to stay fit.

Look for small ways to [get more physical activity](#) every day, for example by taking the stairs instead of the elevator and fitting in a walk on your lunch break. There are also unique workouts designed with speed in mind.

If you're recovering from an injury or have a disability, note that rehabilitative and residential facilities typically have fitness classes and workout spaces. Plus many long-term care communities have accessible trails and other fitness options. If you're in a facility and aren't happy with your situation, consider [searching for one](#) that better suits your interests.

Make a point of staying hydrated

Sometimes taking care of yourself is simply a matter of drinking enough water. The National Council on Aging reveals that [good hydration has many benefits](#), including improved brain performance, better digestive harmony, increased energy levels, enhanced temperature regulation, and reduced joint pain. Drinking enough water can also help improve weight management. Make sure you're drinking enough by getting a reusable water bottle and keeping it by your side throughout the day.

Try meditation to keep stress away

Stress can take a serious toll on your health, increasing your risk of anxiety and depression. It also negatively impacts physical well-being, as it can increase the risk of problems like hypertension. Finding ways to cope with stress is essential.

Meditation is [one tool that can help](#). It's even been shown to lower blood pressure. If you're new to the practice, try using a guided meditation app like Headspace. [You can access recordings](#) that talk you through the meditation process, which you can listen to on your phone wherever you are.

Declutter your home to create a relaxing space

Another simple step you can take to reduce stress is to clean your home. Seriously! Verywell Mind notes that it's been shown that clutter can increase feelings of stress, which makes it [hard to relax at home](#). Plus, this can make it difficult to sleep at night. Take a day to declutter your home, removing items you no longer use. Then, give the entire place a deep clean. Once your home is clutter-free and clean, add some soothing touches to create a calming environment, like aromatherapy candles.

Becoming a healthier person doesn't have to mean drinking green juice three times a day and running marathons. Smaller steps like switching to EMS training and trying slow cooker recipes can help you improve your well-being. Start your journey to better health today.

GoTarryn! Health & Fitness is the premier, best personal training service in the greater Atlanta area. Get fit with GoTarryn! today! 404.617.1239