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# Daily Head-to-Toe Health Tips for Becoming the Best You Possible

Being healthy doesn’t just mean being free from disease or ailment. Health is a complex state comprised of all-around physical, mental, and social well-being. Getting healthy shouldn't be your life objective but a continuous journey. Medical News Today describes health as a resource for your [day-to-day life](https://www.medicalnewstoday.com/articles/150999.php) so you can function at your optimal level, tackling challenges and coping with negativity along the way. Here’s how to take care of your health from every angle without completely modifying your daily schedule.

## Engage Your Brain

Keeping your brain active with new [challenges and activities](https://www.psychologytoday.com/ca/blog/living-mild-cognitive-impairment/201408/6-ways-engage-your-brain) is one of the best ways to support your mental health. Try getting creative by learning a new instrument or signing up for a painting class. Explore new hobbies that you find intriguing, like model airplane building or quilting. Or, think about how you can breathe new life into your old favorites. For example, if you like to cook, you might consider writing your own cookbook or experimenting with cultural recipes you've never tried. Simply joining a group in your community and interacting with others is a great brain exercise in itself. Try to participate in activities that keep your mind working to improve memory, cognitive performance, and reduce your risk of depression.

## Reevaluate Your Diet Choices

Most of us are driven to maintain a healthy diet so we can lose weight, but we often forget that food affects much more than our waistline. Eating whole, [nutrient-dense foods](https://www.sparkpeople.com/resource/nutrition_articles.asp?id=1669) supports the health of our hair, eyes, teeth, bones, heart, digestive system, joints, and skin. Plus, eating a healthy diet results in some amazing benefits almost immediately, including reduced hunger, better mental clarity, and increased energy levels. Check out [this article](https://shapescale.com/blog/health/nutrition/what-happens-when-you-start-eat-healthy/) by Shape to learn more about how your body changes when you start to eat better.

[Portion control](https://www.verywellfit.com/proper-food-portion-sizes-for-weight-loss-3495475) is an important aspect of a diet if your goal is weight loss. In order to lose weight, you need to consume fewer calories than you burn each day. Your ideal portion sizes are unique to you and should be calculated based on factors like your activity level, age, sex, weight, and weight-loss goals. Once you know how much to eat, take advantage of a digital scale to ensure your portion sizes remain accurate with each meal. Don’t forget that condiments tend to be high in calories and should be measured as well.

No matter how nutritiously you eat, your body may not get all the nutrients it needs. A quality multivitamin can provide you with key nutrients, and it also has the [added benefits](https://plexusworldwide.com/sunnyshare/ah-ha/reasons-to-take-a-multivitamin) of raising your energy level and improving your mood and digestive health.

## Pay Attention to Posture

[Bad posture](https://www.muscleandfitness.com/muscle-fitness-hers/hers-athletes-celebrities/importance-good-posture) can cause a number of health issues, from back pain and neck tension to long-term joint issues and degenerative arthritis. Sitting and walking with a straight back will support your spine health and take the strain off your ligaments. If you work at a desk, be sure to get up and move around regularly to prevent injury to your back and wrists. Position your computer screen at eye-level to reduce strain on your neck as well.

## Develop a Simple Workout Plan

Everyone knows that exercise is good for you. However, did you know that [some exercises](https://www.independent.co.uk/life-style/best-exercises-body-weight-loss-muscle-building-harvard-doctor-a8001401.html) are better than others? Long-distance running can be hard on your body, particularly your digestive system and joints. Lower-impact workouts can help you build muscle and protect heart health without putting your body at risk of injury. For example, swimming and walking are wonderful cardio exercises to prevent age-related decline. Activities like [tai chi](https://www.energyarts.com/benefits-of-tai-chi/) and strength training are highly customizable, which makes them good for people of any activity level. If you’re inclined to join a gym, look to your health insurance to see if there are discounts or reimbursements for fitness memberships. Low-impact activities are also great for seniors who are new to exercise, and one great option for working out is through Silver Sneakers. Just check your Medicare coverage to see whether you have benefits to one of the thousands of [affiliate fitness centers](https://www.medicareadvantage.com/resources/silversneakers-eligibility) around the country.

## Track Your Sleep Habits

If you regularly feel fatigued throughout the day, you may not be getting the sleep you need to properly support the health of your mind and body. Keeping track of your sleep habits can tell you what changes need to be made in your schedule so you can get the quality and quantity of sleep you require. For example, you might need to [stop drinking coffee](https://www.saatvamattress.com/blog/10-foods-avoid-before-bed/) in the afternoon or avoid watching television too close to bedtime. Additionally, wearable [sleep trackers](https://www.cnet.com/how-to/how-to-track-your-sleep-schedule/) can alert you to underlying health issues such as sleep apnea or insomnia.

Try to implement some of these health strategies into your life, but don’t stop there. You can always find a way to treat your body better, no matter how good you feel. Adjust your health strategy as you find new exercises, engaging activities, and habit-forming techniques that work best for you.