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A Healthier Body: You Can Do It

Are you often sitting at work and at home? Are you stopping by fast food restaurants for your meals, eating less healthy foods just because you don't have time to cook? You are not the only one. America has an obesity epidemic. [One third](#) of adult Americans are obese.

Losing weight is not impossible. You start out small, making changes in how much you eat (don't buy that coffee cake this week) and how much you exercise (start walking for 5 minutes today, and then add 2 minutes on each day).

A more holistic approach in overcoming obesity includes a balanced diet accompanied by exercise. Start small, and build up steadily to a more healthy life.

Make simple dietary changes

Food is at the heart of the obesity epidemic. That's because fast food is cheap, convenient, and let's face it—the stuff tastes good. Unfortunately, it's cheaper to hit the drive-through than to pick up leafy greens and lean proteins at the grocery store.

Changing your body begins with changing your diet in these key ways:

Create a grocery list of healthy foods before you go shopping

Stores are set up for you to pick up quick items that appeal to your taste buds and may not be the healthiest for you. Millions are spent on product placement and how to get you to purchase goods.

[Fight back with knowledge](#) and a list of foods to help your weight loss. Go to the store with that list and stick to it. Avoid impulse buys.

Better, zip through the store using an amazing aisle-by-aisle grocery list program like Aisle-by-aisle. Organize your shopping to maximize savings and deter impulse buying. A handy video (found under the shopping cart on the left side of [this page](#)) will explain how you can use your smartphone or web app to better organize your shopping list.

Eat less sugar

While eating sugar doesn't lead directly to a diabetes diagnosis, it does contribute to the disease and it definitely leads to weight gain. According to Lynn Grieger, RDN, CDE, a nutrition coach and a medical reviewer for Everyday Health: "[Foods](#) with sugar and fat can contribute to weight gain, thereby reducing insulin sensitivity in the body."

Because none of us makes everything we eat ourselves, you've got to look at the ingredients labels. Pay particular attention to the added sugars that could be hiding in your favorite foods. [Check out](#) these ways to reduce sugar in your diet.

Also, [try to replace](#) simple sugars with whole grains whenever possible. You'll get the same energy without the weight gain.

Eat more produce

Fruits and veggies are less calorically dense than meats, grains and fats, but they make you feel full. Veggies, especially raw, contain fiber that fills you up and keeps your digestive tract clean.

Eating raw or cooked vegetables will go a long way toward cutting back calories. Just be sure to [cut out the bacon](#) and the creamy salad dressing. A vinaigrette or a little salt and lemon juice are delicious and will make you feel great.

Get moving and exercise

Eating a high-fat high-salt diet will not only pack on the pounds, but it will make you less inclined to want to exercise.

With a healthy diet and good sleep, you'll be in a better mood and more likely to enjoy working out. If going to the gym seems like too much of a chore, look for a physical activity that you enjoy, something to get outdoors, or something you can do in the privacy of your home.

[Research](#) what type of outdoor adventures you could have and the type of equipment you would need. Find somebody who loves the outdoors and tell them to take you along to get your feet wet. Let them know you want to discover the outdoors slowly, but you want to become healthier.

[Crank up the tunes](#) and do 20 minutes worth of housework. Any movement is better than no movement. Use your Apple or Android smartphone to become a literal jukebox. Listen to podcasts or informative audiobooks.

If you want better sleep and an improved mood, all while burning calories, then you definitely need to find a way to fit exercise into your routine. Start with some short [walks](#) and work your way up to a more rigorous workout, and before long you'll work your way to a healthier body. Make sure you have the [proper workout clothes](#) to help you feel comfortable.

The holistic comprehensive approach to healthy living won't just have you losing unwanted inches, you'll be on the road to a happier and healthier life.

Start small, and build up. Make changes to see improvements in your body, mind, and life!