The Essential Daily Habits For Vibrance, Vitality & Well-Being

How Well Do You Stack Up? Take the quiz https://vitalityguru.com/vitality-quotient-quiz/

1. I eat 5 – 9 daily servings of fruit and veggies (not fruit products or juices)
2. I eat 3 daily servings of whole grains (not processed grains e.g. flour products)
3. I eat 2 weekly servings of fish (seafood)
4. I drink 8 glasses of water daily (plain water)
5. I exercise portion control and eat balanced meals
6. I maintain a healthy body weight
7. I read labels and avoid products with additives, fillers & preservatives. (pair with #6)
8. I find natural ways to support my body as part of my routine
9. I easily digest my food with no feeling of bloating, irritation or feeling weighed down.
10. I have a daily, well-formed bowel movement(s).
11. I engage in physical activity (at least 1/2 hour daily)
12. I am stress free and tranquil
13. I get 7- 9 hours of restful sleep daily and wake up feeling refreshed.
14. I have abundant energy all day
15. I limit my alcohol consumption (& other non-supportive drinks & habits)
16. I avoid eating fast and convenience foods (junk foods/food products)

Bonus: I am confident about my long-term health outlook

The VitalityGuru: Essential Daily Habits For Vibrance, Vitality & Well-Being Bes sure to follow @VitalityGuru . Find Free tools at https://vitalityguru.com/vitality-tools/

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The Essential Daily Habits: Top Benefits Of Doing Them & Problems of Not Doing Them

1. I eat 5 – 9 daily servings of fruit and veggies (not fruit products or juices)	
Benefits of Doing It	**Problems of Not Doing it:**
*Enhanced immune system and reduced risk of chronic diseases.	*Weakened immune system and higher susceptibility to illnesses.
*Better skin health and improved digestion.	*Slower digestion and potential nutrient deficiencies.
*Lowered risk of obesity and maintaining a healthy weight.	*Increased risk of obesity and related health issues.
2. I eat 3 daily servings of whole grains (not processed grains e.g. flour products)	
Benefits of Doing It	**Problems of Not Doing it:**
*Improved digestive health due to higher fiber content.	*Increased risk of digestive issues like constipation.

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*Reduced risk of heart disease and diabetes.	*Higher susceptibility to heart disease and diabetes.
*Sustained energy levels throughout the day.	* Fluctuating energy levels due to lack of sustained nutrients.
3. I eat 2 weekly servings of fish (seafood)	
Benefits of Doing It	**Problems of Not Doing it:**
*Improved heart health due to omega-3 fatty acids.	*Higher risk of heart-related issues.
*Reduced inflammation and lowered risk of chronic diseases.	*Increased inflammation in the body.
*Enhanced brain function and cognition.	*Potential impact on cognitive health
4. I drink 8 glasses of water daily (plain water)	
Benefits of Doing It	**Problems of Not Doing it:**

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*Proper hydration for bodily functions and overall health.	*Dehydration leading to fatigue and headaches.
*Improved cognitive function and mood.	*Difficulty in concentrating and cognitive decline.
*Better digestion and nutrient absorption.	*Impaired digestion and potential health issues due to inadequate hydration.
5. I exercise portion control and eat balanced meals	
Benefits of Doing It	**Problems of Not Doing it:**
*Weight management: Portion control and balanced meals help regulate calorie intake, promoting weight loss or maintenance.	*Weight gain: Lack of portion control and imbalanced meals can lead to excessive calorie intake, resulting in weight gain and associated health issues.
* Improved energy levels: Balanced meals provide sustained energy throughout the day, reducing energy crashes and enhancing productivity.	* Nutrient deficiencies: Skipping balanced meals can result in inadequate intake of essential nutrients, leading to deficiencies and health complications.
* Nutritional health: Eating balanced meals ensures adequate intake of essential nutrients, promoting overall health and reducing the risk of deficiencies.	*Energy fluctuations: Irregular eating patterns and poor meal choices can cause energy fluctuations, leading to fatigue, mood swings, and reduced productivity.
6. I maintain a healthy body weight	

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Benefits of Doing It	Problems of Not Doing it:
*Reduced risk of chronic diseases like diabetes and heart disease.	*Increased risk of chronic diseases due to obesity.
*Enhanced overall health and longevity.	*Lowered overall health and potential decreased life expectancy.
*Improved self-esteem and confidence.	*Reduced self-esteem and confidence.

7. I read labels and avoid products with additives, fillers & preservatives.

Benefits of Doing It	Problems of Not Doing it:
*Reduced intake of harmful chemicals and artificial additives.	*Increased intake of harmful chemicals and additives.
*Improved overall health and reduced risk of allergies or sensitivities.	*Higher risk of allergies or sensitivities to certain ingredients.
*Better digestion and nutrient absorption.	*Potential digestive issues and compromised nutrient absorption.

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8. I find natural ways to support my body as part of my routine	
Benefits of Doing It	**Problems of Not Doing it:**
*Reduced exposure to artificial chemicals and toxins.	*Increased exposure to toxins and artificial chemicals.
*Improved immune system and overall health.	*Weakened immune system and higher susceptibility to illnesses.
*Enhanced energy levels and mental clarity.	*Lowered energy levels and potential cognitive decline.
9. I easily digest my food with no feeling of bloating, irritation or feeling weighed down.	
Benefits of Doing It	**Problems of Not Doing it:**
*Improved digestive health and comfort.	*Increased likelihood of digestive discomfort or disorders.
*Reduced risk of digestive disorders or discomfort.	*Reduced nutrient absorption and potential nutritional deficiencies.

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*Enhanced nutrient absorption and overall health.	*Higher risk of gastrointestinal issues and discomfort.
10. I have a daily, well-formed bowel movement(s).	
Benefits of Doing It	**Problems of Not Doing it:**
*Improved digestive health and reduced risk of constipation.	*Increased risk of constipation and digestive discomfort.
*Better detoxification and elimination of waste products.	*Higher likelihood of toxin buildup and potential health issues.
*Potential lower risk of colon-related health issues.	*Higher risk of colon-related health issues.
11. I engage in physical activity (at least 1/2 hour daily)	
Benefits of Doing It	**Problems of Not Doing it:**
*Improved cardiovascular health and overall fitness.	*Increased risk of obesity and related health issues.

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*Better weight management and muscle strength.	*Reduced muscle strength and fitness levels.
*Enhanced mood and reduced risk of mental health issues.	*Higher susceptibility to mental health issues like depression.
12. I am stress free and tranquil	
Benefits of Doing It	**Problems of Not Doing it:**
*Improved mental health and emotional stability.	*Increased risk of stress-related health issues like hypertension.
*Reduced risk of stress-related health issues.	*Higher susceptibility to anxiety and depression.
*Enhanced focus and better decision-making abilities.	*Impaired focus and decision-making abilities due to stres
13. I get 7- 9 hours of restful sleep daily and wake up feeling refreshed.	
Benefits of Doing It	**Problems of Not Doing it:**

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*Improved cognitive function and mental clarity.	*Impaired cognitive function and mental clarity.
*Enhanced mood and emotional stability.	*Increased susceptibility to mood swings and emotional instability.
*Reduced risk of sleep-related health issues.	*Higher risk of sleep-related health issues like insomnia or sleep apnea.
14. I have abundant energy all day	
Benefits of Doing It	**Problems of Not Doing it:**
*Increased productivity and motivation.	*Decreased productivity and motivation.
*Enhanced mood and overall well-being.	*Lowered mood and potential mental fatigue.
*Improved physical and mental performance.	*Reduced physical and mental performance throughout the day.
15. I limit my alcohol consumption (& other non-supportive drinks & habits)	

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Benefits of Doing It	Problems of Not Doing it:
*Improved health: Limiting alcohol consumption and avoiding non-supportive drinks can reduce the risk of various health conditions, including liver disease, heart disease, and certain cancers.	*Health risks: Excessive alcohol consumption and non-supportive drinking habits increase the risk of liver damage, cardiovascular diseases, addiction, and other health problems.
*Mental clarity: Reduced alcohol intake promotes clearer thinking, better decision-making, and improved cognitive function.	* Impaired judgment: Overindulging in alcohol or non-supportive drinks can impair judgment, leading to risky behaviors, accidents, and legal issues.
*Better sleep quality: Cutting back on alcohol and non-supportive drinks can lead to improved sleep quality, helping to regulate sleep patterns and promote restful sleep.	* Poor sleep: Alcohol disrupts sleep patterns and can lead to insomnia, fragmented sleep, and reduced sleep quality, impacting overall health and well-being.

16. I avoid eating fast and convenience foods (junk foods/food products)

Benefits of Doing It	Problems of Not Doing it:
*Better weight management and reduced risk of obesity-related issues.	*Weight gain and increased risk of obesity-related health issues.
*Improved overall health and reduced risk of chronic diseases.	*Higher risk of chronic diseases like diabetes and heart disease.
*Higher energy levels and improved mood stability.	*Fluctuating energy levels and mood swings due to poor nutrition.

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Bonus: I am confident about my long-term health	
Benefits of Doing It	**Problems of Not Doing it:**
*Reduced stress and anxiety about health issues.	*Increased stress and anxiety regarding health issues.
*Improved overall well-being and mental health.	*Potential neglect of healthy habits and routines.
*Better adherence to healthy habits and routines.	*Decreased overall well-being and mental health due to worry and uncertainty.

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