

Cultural Daily

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3 Small Steps To Improve Your Health in 2020

Our Friends · Friday, January 31st, 2020

Did you make a new year's resolution this year? [According to research](#), the most common resolutions are to do more exercise or go on a diet – but the majority of us don't actually stick to our plans.

Attempting to overhaul our lifestyles is a bit unrealistic, leaving us demoralized when we don't reach our goals. So how about making some small changes that will improve your health without disrupting your routine?

With 2020 now well underway, we're taking a look at some of the easiest ways you can boost your wellbeing this year. And we promise: there isn't a gym membership, lettuce leaf or elaborate diet plan on the list.

1) Improve Your Dental Hygiene

You might know about the effects that certain foods have on your body, but do you ever consider the effects they have on your teeth? A study conducted by the [Canadian Dental Association](#) found that almost 40% of Canadians did not visit a dentist in the last year – but looking after your teeth isn't just a matter of having a nice smile. In fact, new studies have even suggested there could be a link between poor dental hygiene and heart attacks, diabetes and strokes!

Make sure you're not part of the statistic by booking an appointment with your dentist. Whether you're looking for a [NW Calgary Dentist](#) or a practice in Central Alberta, a quick check-up will put you on the path to better health.

2) Take the Stairs

Next time you're going into the office, resist the temptation to get the elevator. Why not take the stairs instead? It's much more convenient than a workout, and you might be surprised how amazing it can be for your health. Climbing the stairs has even been proven to burn more calories per minute than jogging, with health authorities now recommending it as a way to lower your mortality risk!

Just [two minutes](#) spent climbing stairs a day can boost your cardiovascular fitness and prevent middle-aged weight gain. It's also a practical way to incorporate exercise into your everyday life – instead of joining an expensive gym and finding time to work out, stairs can actually save us time. Who wants to wait for the elevator anyway?

3) Block Blue Light From Your Devices

We're increasingly reliant on our smart phones and laptops. Often, they're the first things we look at in the morning and the last things we see before going to sleep – they're our alarms, our diaries, our newspapers. But no matter how useful they are, spending so much time with them can have an inconvenient effect on your health.

Our electronics emit blue light, which mimics the wavelengths of daylight. Being exposed to these wavelengths long into the evening and just before we go to bed can disrupt our body clocks. According to Harvard Medical School, the light prevents the secretion of melatonin, a hormone which controls our circadian rhythm (sleep cycle). This can result in poor quality sleep, low concentration levels and damage to our eyes.

The good news is you can make some simple changes to block your exposure. Try investing in a pair of glasses with lenses that block blue light, or a screen which you can put over the front of your device. You can even download apps which are designed to filter out the wavelengths – so you can carry on looking at your phone without losing sleep.

Boost your health and wellbeing today

By making some easy changes to your lifestyle, you can improve your health from head to toe today!

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