

## **Five Keys – How to be Successful by being Healthy**

Whoever has the most toys when he or she dies, wins! When you think of success do you think of money, all the toys like a big house, two expensive vehicles, motorcycle, big TV, and travel trailer? Don't get me wrong, these are very nice things to have and enjoy, but what happens if your health deteriorates and you spend more time at the hospital for the rest of your life than with the toys you have accumulated or are so unhealthy that you can't enjoy your toys and life like you want to.

If toys and money are more important than your health, this article won't help you. But if you want to learn how to be successful with a lifestyle lift that improves your energy, the way you look and well-being then please read on so you can begin to apply the 5 keys today.

I use these 5 Keys (Air, Water, Nutrition, Exercise, Rest and Relaxation) as a check list to see where my health is at on a regular basis. Years ago I did not use 3 out of the 5 keys, and my health suffered from it, but I made a choice to do something about it. This is the critical part – choices! What choice do you want to make, which of the 5 keys are missing in your life, and when can you start? Would you agree that success is being healthy, and health is being successful? In fact, you can be vibrant and healthy, and have money too – wouldn't life truly be more enjoyable?

The 5 keys for a lifestyle lift – How to be successful today

Having energy and well-being is not hard to achieve, but the choice and journey to change our lifestyle can be challenging. What choice do you want to make?

Air

\* A precious gem that we all need to survive, but do we use air or know how air can improve our state of mind and health for a lifestyle lift.

\* A simple recipe is to spend 5-10 min in the morning and night in a quiet place breathing deeply in through the nose, and out through the nose, counting to five each time. Breathe in all the air on the in and out - thinking nothing except your counting and breath. This can be done on a walk or in a quiet place. Take 10 deep breaths now.

Water

\* Another precious gem just like air for a lifestyle lift. Over 80% of North Americans are chronically dehydrated. If you are thirsty, you are dehydrated.

\* Easy recipe: Drink 3-500ml of water in the morning, afternoon, and an hour before bed, and sip water the rest of the time. This will put around 2L of water in you. You will have more energy, sleep better, and feel better to name just a few benefits. Go grab a glass of water right now.

## Nutrition

\* Eating nutritious food to maintain our maximum amount of energy and wellness for a lifestyle lift. Write down what you don't want to be eating or drinking and you will know what to fix. It is a choice, though, to grab an apple rather than a bag of chips. Go now and get a nice juicy apple.

## Exercise

\* Regular physical activity will make you feel good about yourself, relieve stress, and give you a lifestyle lift. Work your way up to 30 minutes, 3 times a week of physical activity. Choose an activity that suits you and your schedule. Walking is a good start. Start today.

## Rest and Relaxation

- \* Rebuilds tissues, relieves stress, and gives you a healthy lifestyle lift.
- \* Go to bed at a decent hour, join a yoga class, or go for a walk after dinner. Slow down and take some time for yourself. You deserve it.

With change you need to accept that a change in your lifestyle is necessary, then you have to want to change, which absolutely has to be followed by an action plan. What will your action plan look like?

At times, your old way of thinking will want to take over, but do this for yourself because you want to so the new you will win the battle from within; therefore, transforming a newer you. Take it slow and one step at a time. Imagine what you want to look like in the mirror, and where you want to be 5 years from now. I believe in you.

In conclusion, applying these 5 keys to success by being healthy will, ultimately generate energy and well-being for your mind, body and spirit. How to be successful with a lifestyle lift is about being complete as a whole person, where you have money, energy, and well-being to enjoy what life has to offer. Your personal and professional life will absolutely benefit and prosper.