

One standard page about healthy lifestyle

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Stanislav Hoferek	Greenie knižnica	CC-BY-NC-ND	First (2021)	Stanislav Hoferek

About this book

This is an extremely short and simple guide that tries to put the maximum amount of information on a single standard page with 1800 characters. A great way to give a few wise thoughts to anyone who doesn't want any long and complicated reading. The short guide is easy to understand and you can put all these thoughts for example on the fridge, and if you follow them, you will feel better. You can also cross out what you have already accomplished and memorized.

One standard page about HEALTHY LIFESTYLE



And what is the most important about healthy lifestyle? Do not chase after kilograms, BMI values and centimeters, but simply feel good and run to the fifth floor without someone calling you an ambulance.

One standard page about healthy lifestyle

- Sweets, soft drinks, cakes... contain approximately 100% of unnecessary substances. It tastes good, but it has nothing of value. Only energy that is either immediately used or stored as unneeded fat.
- The body works better in the morning than in the evening. If you have to eat something heavy on stomach, it's less harmful in the morning. In the evening, it will not be processed well and no one will sleep happily.
- Protein? Sugar? Fat? Make an overview. Mainly in sugars. Simpler sugars (in sweets, drinks) are worse than sugars in rice or potatoes. Simple sugars tells the body: “Stop burning fat immediately, bother with me and leave the fat in place. And what you cannot process, put it in the fat, so we can have more fat!”
- Broccoli is always among the healthiest foods. It tastes good when steamed and combined with cheese. Put more vegetables in your meals. You will sleep better.

- You don't sleep enough = you're gaining weight. You don't drink enough water = you gain weight again. Muscles and everything else improve during a long sleep. A good night's sleep is much better than a late night movie. Do not eat 2 hours before bedtime. If you drink little, the body gets rid of the mess much more slowly and puts it into fat.
- 70kg woman who does sports looks better than that 55kg woman who does not move. Fat takes up more space than muscles. Without good exercise, you will mainly lose muscles, fats will not go down so fast and most importantly you will not have enough energy. Sports are also great against depressions and the first 20 minutes you burn only sugar. Only then fat. So practice for at least half an hour.
- Quality food is 2 times more expensive, but it is about 10 times better for you. You may have a lot of energy on some good diets. You'll want to run. Take advantage of it!