

How to Take Better Care of Your Health Today

Women are always looking for ways to make themselves feel better. Perhaps you are one of those women who is always running from one meeting to another, putting in overtime hours at work, helping the kids with homework, then trying to figure out what the family will eat that night. You have ignored your own needs while running yourself into the ground. You now have bags under your eyes from lack of sleep. Your body is sagging in places you didn't think possible because you have ignored your need for exercise. You eat out more than you care to admit because you have no time to make a nutritious meal. While we are all busy, there are plenty of opportunities for you to start taking care of yourself today. Here are a few tips to get you started.

Get to sleep at a decent hour tonight

Do you find yourself up at different hours of the night doing work or thinking about unpaid bills? Your body needs [proper sleep](#) in order to function at its optimal level. Your body digests food at night and allows your organs to rest so that you can be refreshed in the morning. Your body systems become inefficient without proper rest allowing the possibility of illness to enter your body. Make it a habit to get to sleep at the same time everyday so that you can get 8 full hours of rest. You will notice your body will become used to this pattern helping you to get better quality sleep.

Fit in 30 minutes of exercise everyday

Giving yourself the gift of thirty minutes of exercise per day is not difficult -- even for those who hate exercise. This does not mean you have to spend money on a gym membership, or invest in exercise equipment you will never use. Exercise can be as simple as walking around the corner at a pace that suits your fitness level. You don't even need any special equipment for walking either. All you need is a pair of comfortable shoes and maybe a set of headphones to rock out to. Walking everyday can help you to get your morning started in a positive direction, help you to de-stress during your lunch hour, or help your mind to wind down during the evening before bed. One of the greatest benefits of making exercise a daily habit is that it will also help you to get more restful sleep.

Eat well and take your vitamins

Nothing can ever take the place of eating good quality food that will nourish your body. Eating plenty of leafy greens, fruits that are in-season, and quality sources of protein will inevitably make you feel better during the day. These foods are filled with natural vitamins and minerals that will help to give you energy and clear your mind. You may also opt to take [natural vitamins](#) and supplements in the event there are sources of nutrition that are missing from your everyday meals. A good daily multivitamin is a great place to start.

Making a commitment to take care of yourself is important. You are unable to serve your family

or perform well at your job if you are feeling tired and sick everyday. Good health begins with several small steps. However you don't have to do them all at once. Try implementing one or two tips in a week and see if you notice a difference.