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Live a “Healthy Lifestyle.” What is that?

At every turn we are told, the key to good health, long life, even happiness, is living a “Healthy Lifestyle.” But why? And what does that even mean? Where is the roadmap to this lifestyle, and how do I know if I’m “living” it? It doesn’t have to be overwhelming. Just remember: it’s all connected, each piece is important, and that’s why it’s called a lifestyle.

When we think “Healthy Lifestyle” we usually think, “eat right, exercise, lose weight.” It sounds great, but it’s vague. Why are we doing these things? And when am I supposed to have time for all this? I lead a busy, stressful life. Stress doesn’t just make you anxious and depressed, it can create or worsen all sorts of physical conditions, from headaches and heart disease to diabetes and gastrointestinal problems. When we’re stressed we feel like there is not enough time to take care of our work, our lives and especially ourselves. We eat bad food, get too little rest and don’t exercise. Ailments aggravated by stress are now made worse by our behaviors, and the vicious cycle continues.

The good news is, when we make positive changes, things improve. So get moving. Any form of exercise, from aerobics to yoga, can act as a stress reliever. It also improves your overall health, boosts your energy, your mood, your confidence and your sense of well-being. Ride a bike, take walks, join a fitness class. The more you move, the more you will want to keep moving. Chronic pain sufferers, you will benefit too. Keep those joints flexible, stretch those muscles, and any weight loss will reduce strain on the areas causing you pain.

You also have to “eat right.” A healthy diet should consist mainly of lean meats, fish, fresh vegetables and fruits, nuts and seeds, while avoiding heavily processed foods, refined sugars and anything you get from a drive-thru window. The right foods will improve your health, promote weight loss, and lift your spirits. Foods high in vitamin B12, like meats, fish and poultry, are natural antidepressants, while “fast foods” such as French fries and soda, can cause mood “dips.”

Exercise and a good diet can also bring a good night’s sleep. Insufficient sleep can cause irritability, headaches, weight gain, diabetes and heart disease, while it decreases our ability to focus, remember, learn and perform precision tasks. So pay attention to your body’s cues and make good decisions about how you eat, move and sleep.

Rappe Chiropractic offers a variety of Health and Wellness services, and can help you develop a Healthy Lifestyle plan that works. For a FREE Consultation call (760) 777-4177 www.rappechiropractic.com

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