

By [Travis Nickerson](#)

#### 1. AVOID eating processed foods!

We all have heard of the idea AVOID processed foods. Yet, it is inevitably most all of us will fail to do this in some way or another. A good tip is to shop the perimeter of any grocery or whole foods store. These are the areas that contain your fresh vegetables, fruits, meats and breads. Be sure to avoid white breads and tortillas due to the fact most if not all fiber and good nutrition is stripped away due to its rigorous processing. Look for one-hundred percent whole grain products because these use the whole wheat grain and give the nutrition that is lacking in refined white breads. Avoid the inner aisles because this is where you will find all of your processed foods, many of which are bagged, boxed and canned. These items contain many ingredients that add shelf life to the products, but, can TAKE AWAY life from you.

#### 2. Get some Exercise!

Studies show that getting even 30 minutes of exercise 2 days a week can boost serotonin and dopamine levels in the brain. These neurotransmitters are the feel good chemicals in the brain. Exercise is also a vital role to get into shape and changing one's body composition because it allows the body to burn any extra or stored calories in the body as energy. A combination of weightlifting and cardiovascular exercise is the optimal way to shed fat and maintain the lean muscle mass for both women and men.

#### 3. Get a good night rest!

Sleep is getting harder and harder to come by these days. Although one must thank Edison and colleagues for the light bulb, it seems ever since then, the circadian rhythms of humans have been thrown off and we have been getting less and less sleep. Not getting sufficient sleep is a stress on the body and is linked with higher levels of Cortisol. Elevated and prolonged amounts of Cortisol are associated with fat gain and increased catabolism in the body. Catabolism breaks down proteins in the body, the target being muscle tissue. Ways to get a good night sleep. Avoid all caffeine and stimulants at least 5 hours before bedtime. This will allow one's body to flush everything out and allow the brain to wind down allowing one to relax. Turn off all electronics and cover up any power lights that remain glowing. Recent studies have shown that even one light can inhibit the production of melatonin released by the pineal gland in the brain. So cover all the lights up, it should just be you and pitch blackness for the best night sleep.

#### Links

<http://www.healthandyourlifestyle.blogspot.com/>

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