

NMD_EML NEWSLTR_FREE_Healthy Lifestyle Tips_Send: 09.10.23

SUBJECT LINES:

1. You can't just eat your way to better health ... but this weird tip can help
2. Let's forget food and supplements for a second and talk about this ...

PREHEADER:

- Let's talk about some super-easy lifestyle tweaks
- Simple lifestyle tips that can drastically improve your health

BODY:

Hi there, NatureM.D. family.

As an ER doc who knows the value of prevention, I couldn't be more excited to chat with you about ***lifestyle*** today.

You'll hear me gush about eating more fresh fruits, vegetables, and whole grains.

But truthfully?

Eating better is **only part** of the health puzzle.

There are many other non-diet ways to elevate your energy, lose fat, and even boost your immune health.

Imagine the simplest act of **standing up**.

It might sound like nothing, but standing (instead of sitting) can have a major impact on your well-being.

When you stand, you subconsciously flex and relax **dozens of stabilizing muscles** in your feet, legs, and core to keep you upright.

You won't even notice the effort. But you're still burning more calories in the background just the same.

This phenomenon is called non-exercise thermogenic activity.

Think of it as your body's subtle way of keeping the metabolic engines running smoothly even at rest.

You can incorporate more standing by getting an **adjustable standing desk** for your office, or by reading upright. There's nothing wrong with sipping your morning coffee standing up, either!

And by the way, if you really want to tap into the non-exercise thermogenic phenomenon ...

Start fidgeting.

This sounds strange, but hear me out!

People who fidget more have been **scientifically studied** to have better health than those who simply sit.

It's the same principle as standing –

You're just engaging muscles that would otherwise be still.

Even if the calorie burn is minimal, fidgeting **increases blood circulation**. Which could benefit your cardiovascular system.

Just **tap your toes** or **bounce your heels** while working or watching TV!

Considering our modern world, most of us are bound to screens for work and personal use.

Here's a minor tweak that can make a big difference to your health:

Try propping up your computer.

This can be transformative not just for your posture, but for core strength as well.

When your screen is at **eye level** you're less likely to lean forward, which allows core muscles to activate and stabilize.

From personal experience, it's amazing how much more energy you have when your posture is correct!

Another thing I've been recommending more and more is **resistance bands**.

I think everyone should have them. They're so easy to use, and they work your posterior chain for great posture as you age.

These bands help you perform a variety of resistance exercises right from the comfort of your home so you can get a good workout without being tethered to a gym.

(You'll just be tethered to the door, or whatever you attach your bands to 😊)

A few minutes of resistance bands per day can make a huge difference to your muscular and metabolic health.

Another gym activity that can be done at home?

Walking.

It's one of the most studied exercises for overall health and fitness, and it's also the easiest.

All it takes is a routine.

For me, I take all of my non-video calls while walking. It feels so much better to get moving in the **fresh air and sunshine** than to stay tucked away in my office!

Post-meal walks are also an easy way to make a habit of walking.

Research shows that these walks can have a positive effect on blood sugar and glucose tolerance, which can help your metabolism.

I've often spoken about the importance of joy in maintaining a healthier lifestyle.

It's essential to understand that wellness isn't just sticking to **monotonous routines** or exercises that **feel like a chore**. So don't worry about trying all these new fads don't interest you.

If you consistently **do fun things** that get you moving and that you **actually enjoy**, you're going to be much better off.

Dance, swim, cycle, play pickleball, or even hula hoop – whatever gets your heart racing with a smile on your face is your best exercise 😊 And it's your key to a much healthier life.

By giving yourself permission to do what you love, you're setting yourself up for sustainable health and happiness.

All these tips aren't even the tip of the lifestyle iceberg, {{first_name|default:'friend'}}.

But the main thing you should take away is that vibrant health is more than just eating right and going to the gym.

It's in the daily choices, the mini habits, the small, enjoyable actions. And I know you can stick with them for a happier life!

Let's get healthier one day at a time,

Dr. Travis Stork

PS:

Tell us what you think about your experience with NatureM.D. formulas on our [Facebook page](#)! We'd love to hear from you.