

# Get Healthy Plan Blog! With Michelle

[Gethealthyplan.com](http://gethealthyplan.com)

## Healthy Changes That Will Prevent Many Common Health Problems

Some changes are obvious when it comes to preventing health problems. Quitting smoking, proper diet and getting enough sleep are just a few that you may be familiar with.

And there are others that will also help you overcome or prevent chronic or acute illnesses that may find their ways into your life. Diet and lifestyle changes are the best ways to begin your quest for ultimate health.

Losing weight tops the list of healthy changes you can make to your body to prevent diseases. That means adhering to a healthy diet plan and a course of exercise that will build strength and muscle and get rid of fat.

Getting enough sleep has recently come to the forefront as a cause of health problems and the onset of disease. If you don't get enough sleep, you run the risk of damaging your immune system and become depressed and frustrated.

Sleep research indicates that those who suffer from sleep disorders frequently develop diseases such as those associated with the heart, depression and anxiety. Finding a way to sleep well and awake refreshed can help with many health problems.

Addiction is another cause of health problems. Addiction to pain medication is rampant in our society. There are many other ways to manage pain other than downing powerful pills that make you want even more.

Speak with your doctor about ways to manage your pain and avoid the vicious cycle of pain medication. An addiction to smoking or alcohol may also cause health problems. Ask your doctor about patches or other methods to help you stop the smoking addiction – and cut down or completely cut out your alcohol consumption to alleviate addiction problems.

Supplements and vitamins may keep you healthy if you're taking the right ones. The best way to find out which vitamins and minerals you may be lacking is to be tested. One of the most common vitamin shortages is lack of vitamin C.

During winter months, many people – especially those living in northern climates – don't get enough sun or eat a diet high in vitamin C. Test for a lack of this vitamin and be sure to check into supplements to correct the situation.

Of course, a healthy diet and good exercise program can alleviate or prevent many health problems. Everyone has a different body type and a different way that they process food and respond to exercise.

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It's important that you discuss with your doctor how you eat and exercise so that she might recommend other actions. You'll want to eat a diet that helps you maintain an ideal body weight and exercise for energy and stamina.

Obesity is a main concern in today's world. Your BMI (body mass index) should be analyzed and can determine whether or not you are prone to or will eventually contract certain diseases.

Fad diets and over-the-top exercise programs can damage your health, so discuss any changes you may be considering with your doctor. Even if you're obese, there are certain exercises that you can perform safely and that will make a difference in your health.

Any diet you embark on should be carefully thought out and discussed with your physician. Starving yourself can lead to other diseases such as anorexia or bulimia. Make a few changes at first and you'll begin to notice positive changes.

Disease management and prevention plans can be positive additions to your lifestyle. It's always better to be informed and proactive in any treatment or preventative measures, so do your research before making any long-term decisions about your health.

If you would like to learn more about how you can make your own Get Healthy Plan, then just visit my blog. <http://www.gethealthyplan.com>

Warm Regards,  
Michelle