



Healthy Life Hacks for Busy Professionals

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Abstract

Maintaining a healthy lifestyle amidst a hectic professional schedule is crucial for sustained success and well-being. Busy professionals can incorporate several life hacks to prioritize their health. Firstly, adopting a balanced diet rich in nutrients and planning meals ahead can prevent reliance on unhealthy fast food options. Regular hydration is equally important, so keeping a water bottle on hand can help ensure adequate water intake throughout the day. Efficient time management is essential; scheduling short, intense workouts or incorporating physical activity into daily routines, such as taking the stairs or walking during phone calls, can boost overall fitness. Prioritizing sleep is non-negotiable; creating a consistent sleep schedule and establishing a calming bedtime routine can enhance rest quality. Lastly, practicing mindfulness techniques, like meditation or deep-breathing exercises, can mitigate stress and improve mental well-being. By integrating these simple yet effective strategies, busy professionals can optimize their health and achieve a harmonious work-life balance.



1. Introduction

For busy professionals, maintaining a healthy lifestyle can be challenging, but implementing a few key life hacks can make a significant difference. Prioritize nutritious meals by planning ahead and avoiding the temptation of quick, unhealthy snacks. Keep a water bottle within reach to stay hydrated throughout the day, and seize opportunities for short bursts of physical activity to counterbalance a sedentary work routine. Establishing a consistent sleep schedule is crucial for overall well-being, and integrating mindfulness practices, even in small doses, can help manage stress. These simple adjustments can empower busy individuals to prioritize their health amidst demanding professional responsibilities.

2. Fitness Tips for Busy Professionals



Finding the time to stay healthy and in shape can be difficult for anyone. But when you're an entrepreneur who's work seems to follow you around everywhere, it's a task that seems nearly impossible. As business owners, it's easy to forget that you have to take care of yourself too. Just like your business, your body needs care and attention in order to properly function. Leading a healthy lifestyle will benefit both you and your business in the long run as healthy people tend to be happier and more productive.

I recently spoke with Jillian Michaels, bestselling author, television personality, advocate and entrepreneur. Her latest DVD, Jillian Michaels Killer Abs, will be released in September 2012. Here are her tips for maintaining a healthy lifestyle with a busy schedule:

1) When traveling, to maintain your exercise regimen try the following: Pick a hotel that has a gym, but if that's not possible buy a guest pass at a local gym for a nominal fee. Also, travel with resistance tubing. It's cheap, light weight and in conjunction with your own body weight resistance you can get a thorough full body workout even in the smallest of hotel rooms.

2) If you have the means, consider a healthy meal-delivery program. This takes all the guesswork out of weight loss & weight management. A great, fresh, gourmet, national, calorie-controlled, food-delivery program is Freshology. Freshology has gotten me through

the busiest days and the craziest schedules without gaining a pound. They will even deliver to at a hotel which allows you to stay trim when on the road.

3) Sleep. Find a way to get more of it! Sleep will not only help you trim down your waistline but it will enhance your overall health exponentially. Schedule in sleep hours like you would schedule important meetings and prioritize it. Do not compromise sleep. 7-8 hours a night is ideal. You'll notice that you not only feel better, but you will perform better at work.

4) Creating time for exercise with your busy schedule is crucial to maintain a healthy body and a sharp mind. Try to block out a minimum of four 30 - 60 (minute) exercise sessions a week. What I do is get one session in on the weekend, one session in on the lunch hour, one in the morning before work, and one in early evening after work.

5) Multitask. Although this is not ideal, I have been guilty of it many times and for busy people it can be a necessary evil.

Carry on business conversations while you're climbing stairs on the StairMaster.

Answer e-mails while peddling away on the bike.

Read or dictate business proposals and briefs while you're busting it on the treadmill. You get the idea.



6) Motivation. Often with ambitious business people, fitness can fall by the wayside. You must appreciate the transcendent power and effect of physical health and strength on your personal and professional affluence and wellness. In order to make and keep your physical

health a top priority write down all the benefits fitness will provide in all facets of your life. From boosting confidence, to increasing energy, to rocking a power suit. Whatever your reasons, post them around your home and office then refer to them when you feel like skipping out on your workout.

7) Find creative ways of getting more activity while you're working. For example: wear a headset and pace while on conference calls. Standing burns twice as many calories as sitting. Also, try the obvious clichés - deliver email messages to coworkers in person, take the stairs not the elevator, get up from your desk and stretch every hour on the hour. Although this is no substitute for a regular exercise regimen, it's better than nothing at all.

3. Tips To De-Stress at Work



You probably think of stress as a normal part of your work day--most of us do. And while a small amount of stress is part of every job, if you're getting seriously stressed out you should stop and give it some serious thought. Studies show a distinct connection between workplace stress and increased risk of such deadly ailments as heart disease, digestive disorders, sleep disorders, and obesity.

1. Wake up earlier.

Ideally an hour earlier than you're used to, but even 15 minutes will help. With more time to relax in the morning you can read the paper over coffee, get in some early morning exercise or stretches, or have a leisurely shower.

That's a lot less stressful than flying through the door to your office just in time for your morning meeting. Starting out rushed can make you feel stressed all day. It's well worth rising a few minutes earlier to avoid it.

2. Post a quote in your work space that's meaningful to you.

And change it frequently enough that it doesn't just fade into the background. My office has this posted in it: "Did you do something scary today?" That's inspiring to me, though I'm not sure it would be to anyone else.

What motivates you may not work for anyone else in your company and vice versa. And that's OK.

3. Put family photos on display.



Sometimes just seeing your children's faces, or remembering that great vacation you took with your spouse can be enough to bring down your stress levels. So make sure to put out family photos in places that you can see easily. "And don't stop there!" Gimbel adds. "Put a picture of something you really want on your desk. It can be as small as a new watch or as ambitious as a new car."

4. Take a crying break.

I'm not suggesting that you start blubbering on your boss's desk, but crying is a healthy release that's virtually guaranteed to cut your stress level down to size. So the next time something upsetting happens at your job and you feel like crying, instead of forcing yourself

to act professional, give in to the urge. Go outside for a few minutes and give yourself permission to snuffle, sob, or wail. "Crying clears your body and mind, so that you can get back to the action at hand," Gimbel explains.

5. Keep a journal.

Writing at work may make you seem odd to your employees, but writing in your journal even one day a week can noticeably reduce your stress levels. So block out at least 15 minutes once a week for journal writing, and see how much calmer it makes you feel.

Never journaled before? Not to worry--there are no rules. All you have to do is write down whatever you're thinking at that moment, safe in the knowledge that no one is ever going to see it (unless you decide to share) so you can truly write whatever you like. And you should. With fewer stress hormones in your system, you'll not only be happier at work, you'll be healthier and live longer as well.

4. Healthy Diet Hacks For Busy People



Is your crazy-hecktic schedule making it too hard to cook and prepare healthy meals? It's OK, we get it (seriously, we really do!). Our busy lives often become an excuse for skipping meals or the reason we grab foods that are generally banished from our pantry.

So, to help make things easier and keep your health on-track, we've pulled in Christian Andrew, superfoods expert and Head Chef of Youfoodz, to give us the low-down on how to

eat healthy on-the-go. Take a deep breath, relax, and keep scrolling down for his 8 smart ways to keep your diet intact.

1. Portion it out

If time is of the essence, then don't cook each meal individually. Prepare your meals for the coming week in bulk over the weekend, and portion each meal into separate containers. Snacks can be done the same way by splitting your goodies up into zip lock bags.

Controlling portion sizes is the easiest way to control how many calories you're consuming during each meal, and to stop yourself from mindlessly binge-eating. Come Monday morning all you'll need to do as you rush out the door is snatch-up your already prepared meals for the day.

2. Just blend

If the popularity of this latest health trend has made you dubious about its benefits, don't be. Drinking your fruit and veg is a powerful way to get in a nutritious, balanced meal on your way out the door. The trick is to blend your smoothie. Unlike juicing, blending won't remove your pulp, and consuming the whole fruit helps to create a slower release of nutrients into the blood stream.

Try: Kale, flaxseed oils, chia seed, bananas and tasty goji berries. Add soy or delicious dairy-free ice cream for extra texture and flavour.

3. Don't skip meals



What is the first cardinal rule of healthy eating? Don't skip meals!

As tempting as it is to keep ploughing through your work come lunch time, the worst thing you can do to your body is to not top up on sustenance when you're running low. The hunger hormone, ghrelin, will start to signal hunger to your brain and the longer you go without eating, the more your cravings will intensify.

Not only does skipping a meal mean you are more likely to make up for it later with junk food, but working on a hungry stomach will leave you fatigued. Do it regularly and you might find your weight dropping, but don't take this as good news – this is likely muscle rather than fat being lost.

4. Get home delivery

Make healthy eating easier by having your meals delivered to you. After a long day at work, sometimes the last thing you want to do is spend an hour making a mess in the kitchen. In a perfect world, meals would be pre-planned, and cooking and eating would cure the day's stress, not cause it.

Luckily, fresh and healthy ready-to-eat meals can now be delivered straight to your doorstep to make life that little bit easier. Store a stash in the fridge at home and at work as a back-up such as this delicious Chia seed chicken and smashed veg or Vegan pumpkin curry with coconut. No cooking, grocery shopping or washing-up will free up 15 hours of your time a week.

5. Try colour blocking

Colour has more of an impact on our eating habits than you may think. Where red is a colour that inspires action and appetite, blue acts as an appetite suppressant.

Whether it's your office or kitchen, shake up your eating area by filling it with blue-toned décor. Use plates that contrast sharply in colour with the food you're serving. This will draw your eye more to your meal and will force you to be more mindful of how much you are consuming.

6. Re-think your plate

Believe it or not, the feeling of being full is partly controlled by our perception of how much food we've consumed.

Changing the size of our serving plate creates a visual illusion that distorts our perception of how much we have eaten. For your next meal, try serving your vegetables in a large plate and anything unhealthy in a small plate.

7. Keep snacks

Hunger is your body's natural response to coping after three to four hours of not eating, and will often lead to overeating on bad food choices come mealtime.

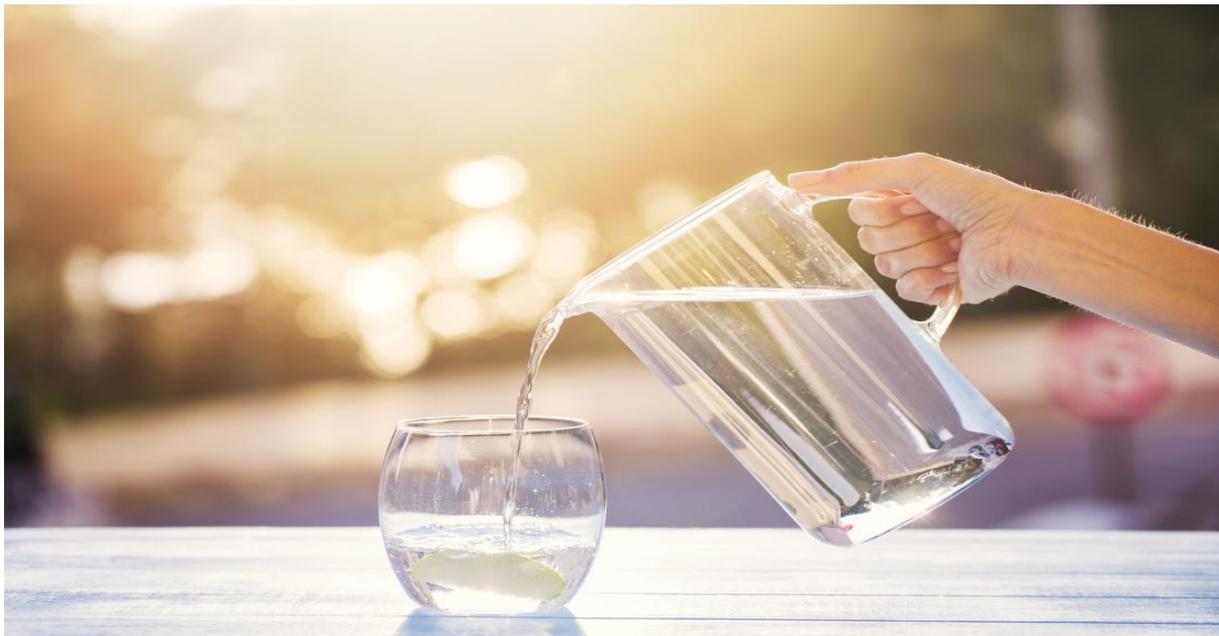
Snacks should only be a stepping stone between meals, helping you get over the hunger hurdle while smoothing out your blood sugar levels. Keep what you eat under 200 calories and avoid adding more sugar into your system, as tempting as it can be. Pick low-GI foods that release energy slowly like low-fat yoghurt, berries, nuts and seeds.

8. Switch off

Believe it or not, people who are distracted by technology actually end up eating more at the dinner table than those who unplug and focus on their meal.

Spend a moment to put down your phone and close your inbox. Pay attention to what you eat and you'll find yourself being more mindful of your appetite.

5. Tips for Staying Hydrated Throughout the Day



Even if you've let your hydration habits slip (or you never plugged a ton of water in the first place), it's never too late to get back on track and set yourself up to reap the health benefits of staying hydrated.

1. Hydrate When You Wake Up and Before Meals

If you put a water bottle in front of you, it's easy to get lost in the day's tasks and forget to take sips, but prioritizing hydration morning, afternoon, and evening is important. "Try to

have about two glasses of water first thing in the morning and then one glass of water before every meal and snack,” says Moskovitz. There’s a double benefit to pairing food and water: “Drinking H2O also helps you slow down during meal time. If you start a meal with a very empty tummy, it’s easy to eat much faster and forget to thoroughly chew, which impacts how well food is digested,” she says.

2. Wrap Up Your Day With Another Bottle of Water

We just encouraged you to drink water once you wake up, but an additional strategy to consider is to bookend your day with another beverage. Meaning: Make sure to have a bottle of water within two hours of waking. Then, two hours before bed, finish another. People who did so (drinking 550 milliliters, or about 18 oz, each time) were able to increase their H2O intake from 44 to 68 oz per day, according to a small study on healthy adults published in *Nutrients* in April 2020.

3. Eat Your Water by Following a Produce-Heavy Diet



Fruits and vegetables have a high water content that will help you meet your daily quota, says Libby Mills, RDN, a Philadelphia-based spokesperson for the Academy of Nutrition and Dietetics. “Fruits like cantaloupe, strawberries, and watermelon, and vegetables such as lettuce, cabbage, celery, spinach, and cooked squash are about 90 percent water,” she says. Dairy products, including milk, yogurt, and cottage cheese, are also good sources of water.

4. Experiment With How You Drink Water to Maximize Enjoyment

For Ashton, she had to want to drink more. If you’re the type of person who thinks plain water is, well, too plain, experiment with different temperatures and tastes. “I knew that if I made hydration as palatable as possible, I’d be able to keep it up more easily,” she says. So she tried water with ice, without ice, at room temperature, and flavored with slices of fruit.

Her preference ended up being plain cold water with no ice, but that doesn't have to be yours. Try out different flavors by adding fresh fruit (like the discarded strawberry tops from breakfast), vegetables (cucumber slices), or herbs (fresh basil or ginger).

5. Keep Track of Hydration With a Smartphone App

Make your water bottle your smartphone's new companion. "Just like you keep your phone right next to you at all times, you should keep a BPA-free water bottle [within reach]," says Moskovitz. Make your phone work for you by using a well-rated, popular hydration-tracking app, like Water Reminder (free on Google Play), Water Tracker Waterllama (free on the App Store), or Water Drink Reminder (free on Google Play), which allow you to keep track of what you're consuming. They will also remind you during the day to start swigging. If you don't want to download an app, set a timer on your phone to go off every hour to remind you to pause for a few sips.

6. Let Your Water Bottle Do the Work

Smart water bottles are the newest way to nudge you to drink. For instance, the HidrateSpark TAP (\$19.99, HidrateSpark) will track the amount of hydration you need, adjust based on your activity, and then glow when it's time to drink. For an even more high-tech approach, opt for the HidrateSpark PRO (\$69.99, HidrateSpark), which uses Bluetooth to keep track of how much you drink each day and can send push notifications to your phone to remind you to keep your hydration goals on track.

6. How To Keep Your House Clean When You Work Full-Time



When you're out of the house for more than 40 hours a week, and you have kids, pets and, you know, a life — it can be super hard to keep your house clean and organised, even if you want to. But with a few simple strategies, you can tackle your to-do list and have that clean house you always dream of.

First, divide household chores into daily habits and weekly tasks. Daily habits are things that you'll do every day to keep your home clean, and weekly tasks are bigger, more time-consuming chores that you do once a week (or less regularly!).

WEEKLY TASKS

Set a cleaning schedule of weekly tasks to ensure that, as well as being tidy, your house is clean. It doesn't have to be exhaustive (or exhausting). It could simply be:

Monday — vacuum floors

Tuesday — wash floors

Wednesday — clean bathroom

And so on. To make it even easier, when you're doing these tasks, set yourself a 15-minute timer. Tackling jobs quickly means you're more likely to actually do them!

DAILY HABITS

We get it: you're not going to do all of these, every day. And that's OK. You're not perfect. But here are some daily habits that can help keep your home clean and tidy. They take very little time and effort, and mostly, they're simple enough to become part of your routine.

- Do a load of laundry before you go to work, and hang it out when you come home.
- Fold laundry in front of your favourite Netflix show.
- Keep biodegradable wipes in your bathroom and use them to wipe down surfaces daily (or as needed).
- Wash your dishes ASAP, or stack them in the dishwasher.
- Tidy before bed. Before you head to bed, do a 10-minute tidy around the house. Wipe the kitchen counters, put away books/DVDs and so on, hang up towels.
- Use the two-minute rule: if it takes less than two minutes, do it now. Wash up a plate. Put away your dirty clothes. Put the recycling in the bin.
- Clean as you go — always. This is the easiest way to build cleaning into your day. Pick up your clothes instead of leaving them on the floor. Wipe down your kitchen

counters when you notice they're dirty, not later. Put away your clean dishes while the kettle is boiling.

6.1. High-Traffic Areas Cleaning And Maintenance Tips



Do you find that your entryways and hallways get dirty more easily than other areas of your home? This is because these are high foot-traffic areas of your home that need regular cleaning and maintenance.

Keeping these high-traffic areas clean helps maintain fresh and hygienic indoor air quality and keeps your home free of germs and dust.

For a more detailed cleaning of these areas, like at the end of your tenancy, you can always hire end of lease cleaners in Melbourne. These professionals will use green cleaning solutions and high-grade equipment to remove every speck of dust and dirt from these areas and make your home look as good as new.

Here are some effective tips to help you clean and maintain the high-traffic areas in your home:

Tips To Clean And Maintain High-Traffic Areas

Adopt A No-Shoes Policy In Your Home

When you and your guests walk in and out of your home, the dirt and soil on your shoes track mud all around your high-traffic areas. Adopting a no-shoes policy in your home is the best way to prevent this.

You can keep a shoe rack or basket outside the door so that guests can take off their shoes before entering and use indoor slippers instead. This will help keep outside dirt from getting tracked inside your home.

Tip:

Here are some helpful strategies to keep your home dust and odour-free.

Use Doormats To Trap Dust And Allergens

You can also keep the hallways and entryways in your kitchen and living room clean by placing doormats in these areas. End-of-lease cleaners in Melbourne recommend using more durable materials like synthetic and woollen fabrics that are easier to clean by hand or in the laundry.

Make sure you also place these at entryways to capture house dust mites, allergens, germs, mud and bacteria.

Vacuum And Mop The Area Daily



Even with area rugs and doormats, your high-traffic areas collect more dirt than other areas of your home. When you or your family member walk into these dust-laden zones, you further embed the dust into your floors and tiles. Thus, end-of-lease cleaning professionals

in Melbourne suggest you spend ten minutes every day sweeping and vacuuming these areas to remove this dirt and grime.

You should also use vacuum attachments to clean corners, crevices and baseboards in these high-traffic areas. You can also use an old toothbrush with baking soda to scrub out any grout from tiled floors and mop the area to keep it clean.

Allow Ventilation And Air-Circulation To Maintain Hygiene

Next, you must also air out and ventilate these high-traffic areas to prevent any moisture buildup and mould and mildew from spreading in these areas. Use an HVAC air filter in these areas to trap tiny dust particles that your vacuum might have missed. You should also leave windows open to allow air circulation and use a fan whenever possible.

Choose More Durable Flooring And Carpeting Options

Another way to clean and maintain these high-traffic areas is to use more durable flooring and carpeting options. In high-traffic areas like your kitchen and bathroom that get wet easily, you should use ceramic tiles and natural stone flooring that can withstand high moisture levels.

You should also be careful about the carpets you choose in your living room and use more synthetic and durable fabrics that can be vacuumed easily.

Tip:

Here are some tips to help you clean your living room faster.

Spot Treat Stains Using Natural Cleaning Solutions



The best way to prevent stains in these areas is to clean up a spill as soon as you see it. You should avoid harsh chemical cleaners that only damage your fabrics and flooring and use more natural cleaning solutions like vinegar and baking soda. Baking soda can get out the toughest oil stains and remove any foul odours from these areas.

The best way to use these solutions is first to blot the stain and then apply these solutions with a clean cloth slowly. Then blot the area with a damp cloth to remove the stain and use a vacuum to dry the area.

Tip:

Here are 5 natural DIY floor cleaners for your home.

Get Professionals To Deep-Clean These High-Traffic Areas



Lastly, the best way to keep the high-traffic areas in your home free from dirt, muck and grime is by hiring professional end-of-lease cleaners in Melbourne.

These trained experts have years of experience cleaning any stain and flooring and will use the best tools and organic cleaning solutions to make these areas look as good as new. Once they spruce up these areas with a deep cleaning, it will be easier to maintain.

Conclusion

In conclusion, the demands of a hectic professional life need not come at the expense of one's health and well-being. By adopting these simple yet effective life hacks – from mindful eating and hydration to incorporating exercise and ensuring quality sleep – busy professionals can strike a balance that promotes both physical and mental vitality. Investing in these habits not only enhances personal health but also contributes to increased focus,

productivity, and overall satisfaction in both professional and personal spheres. In the pursuit of success, a commitment to a healthy lifestyle becomes an invaluable asset, enabling individuals to navigate the challenges of a busy career with resilience and vitality.

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