

# Fitness Hacker: Top 30 Lifestyle Hacks for a Healthier Living in 2018

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Let 2018 be the year of healthy living and improved fitness! Get off that couch, don your trainers, dump the bag of chips, and gear up for a hale and hearty lifestyle. Count on these top 30 lifestyle hacks to be your personal shortcuts to getting fit this year.

## Diet and Nutrition

- 1. Munch on negative calorie foods.** Yes, you heard it right, **NEGATIVE** calorie food! Watermelons, apples, celery, strawberries, cucumber, apricots, and citrus fruits burn even more calories than they consume. So, the next time you need to curb your snack craving, make sure to do it with [delicious negative-calorie food](#) rather than a doughnut.
- 2. 8 cups a day, keeps dehydration at bay!** Drinking eight cups of water a day is easier said than done. To reach the target, experiment with different fruit-flavored waters or sprinkling a tiny dash of fruity detoxifying tealeaves into warm water. A great way of dividing the eight-cup rule through the day is to label your favorite water bottle with time slots and aim to sip up the liquid within the marked span.
- 3. Eat slowly to lose weight fast.** Remember the [‘chew your food 32 times’](#) rule? Well, it’s there for a reason. It takes your brain a while to register whether your stomach is full or not and therefore speedy eating may lead to overeating. Eat at a slow and steady rate to give your brain enough time to indicate when to stop.
- 4. A few minor replacements may go a long way.** Slow down on the chocolate spread and have peanut butter instead, substitute sour cream with Greek yogurt in your salad dressings, go for baked potatoes instead of fries, and have an invigorating cup of coffee instead of a calorie-packed chocolate cake after dinner. These small substitutions can make a noticeable difference to your overall health in a relatively short period of time.



5. **When eating out, opt for healthier options.** Before you head on down to your favorite restaurant joint to chow down on double cheeseburgers, have a look at and consider their grilled steaks menu, chicken wraps, and low-calorie sandwiches. Many eateries offer healthy-eating options like whole-grain breads, gluten-free pasta, and mustard sauce instead of mayonnaise.
6. **For all the tea-holics, tea may be your take on healthy drinking!** As opposed to all the urban myths on its dehydrating properties, tea contains [polyphenol antioxidants](#) that help prevent cell damage. Research suggests that it is only very high doses of caffeine that cause dehydration, and tea does not rank among high-caffeine beverages. So as you sip on a cuppa, you are not only rehydrating but also getting your share of antioxidants!
7. **Explore the unending benefits of detoxification.** Have your eight glasses of water throughout the day, sip on a cup of green tea, have a glass of pomegranate juice after an ambitious workout, treat yourself to a steamy sauna session, and munch on berries to notice an instant difference in your inner and outer health with an improved digestion and glowing skin. Get into a habit of waking up to a detoxifying start with a glass of lemon and water.

8. **Slow down on the booze.** [Alcohol intake lowers inhibition](#) and causes your belly to look bloated and puffed up. You may deem red wine to be a healthy drink when taken in moderation, but can you really take a good bottle of red wine in moderation? Restrict yourself to occasional drinking, and opt for fresh juices, smoothies, and lemon water instead.



9. **Eat clean even when you are on the run.** Running late for work and decide to grab a pop tart on your way? Or are Ramen Noodles your only choice as your workplace does not have a fully operational kitchen? Plan ahead for the next day or even the next week; invest in a cooler, a thermos, a thermal bag, or all three to keep your food fresh; and have [healthy snacks prepared in the fridge](#) to grab them on the go.
10. **Fill up in advance, avoid second servings, and use a smaller plate!** Take this as a rule of thumb for healthy eating. Before you head out, fill yourself up with fruits, veggies, and all the good stuff to avoid stuffing yourself on the bad one. Make it a point to say no to second servings (read overeating) and convince your brain that you are having a plate full of food, by tricking it with a smaller plate!
11. **Shake those extra pounds off with Shakeology!** Replace one meal a day with Vanilla, Chocolate, Strawberry, Greenberry, Tropical Strawberry Vegan, or Chocolate Vegan to help increase your energy, reduce cravings, lose weight, improve digestion and

regularity, and transform your health by losing up to 10 pounds. You can always become a Game Changer with Shakeology!

## Exercise

12. **Partner with your television to help you stay fit.** Watching TV has earned a bad reputation due to its sedentary nature. Instead of snacking on chocolate chip cookies as you watch your favorite show, hop on to the treadmill and burn some calories.
13. **Workout DVDs are the best way to incorporate workout time into your domestic routine.** We believe that our own fitness journey would not have been possible without workout DVDs. [Fitness DVDs](#) not only allow you the liberty of working out at your own convenience; they are also fun and can be a whole new way of engaging the whole family to exercise together. After all, a healthy family is a happy family! Get ready to bring your fitness home by exploring a whole range of [Game Changers' fitness DVDs](#).
14. **Leave the crunches, do push-ups instead.** Put an end to your regular backache woes by ditching the crunches this year and focusing more on push-ups. Try increasing the amount of daily push-ups in your quest of achieving your dream washboard abs. With the strain and extensive workout that they impose on your abdominal muscles, pushups are equally effective in building your desired abs.
15. **A Rep-Rescue Tip:** Start recording yourself as you exercise to trick your mind into a celebrity state and keep your body running to perform better each time. You may start giving up on increasing your reps without instant results but filming yourself as you workout will always keep you conscious of being on camera and over-perform as a result. Your few extra reps will always be a proud achievement to look at later.
16. **Stretch and stretch, before and after.** Our before and after rule on stretching works like this: stretch soon after you wake up to get your body working, and before you sleep to relax the mind; stretch before exercising to get into an active mode, and after your workout to slow down the racing heartbeat and heavy breathing, and ease your muscles.
17. **Add a pillow to your squats.** Get stronger muscles by giving them a hard time. Making your squats a bit more difficult, and effective, by standing on a pillow, can make your leg



muscles stronger. Research suggests that squatting on a cushy surface increases the strain on leg and hip muscles and induces them to work around 13% harder. Be careful on the balance though!

18. **Go all out with a 30-minute Insanity workout.** Your workouts don't have to be hours long for maximum results. Get ready to [MAX OUT for MAX RESULTS in just 30 minutes](#) a day! Our Insanity DVDs are power packed with killer cardio and strength workouts and guaranteed to satisfy you with maximum results without any gym memberships or need of equipment!
19. **Remember: Pairing is caring!** We firmly believe in the statement, "couples that workout together have better date nights together." Exercise is never boring if you find yourself a fitness buddy. Not only do your workout partners make exercising fun, but also prove to be your support system and motivation through your highs and lows to achieve your lifestyle goals. Exercising with a partner improves weight loss results and connects you better to your shared passion.
20. Getting off track and not staying true to your fitness goals? Become a part of **fitness accountability groups** to stay reminded and focused on your health goals. Set weight loss



goals, flaunt your achievements, reflect on your setbacks and enjoy the motivation of having 'diet buddies' with shared fitness passions and healthy eating goals. What could be more supportive than group of health mates to keep you accountable for your cheat days and exercise slacking?

21. **Burn extra calories the NEAT way.** What if we tell you that you can burn around 300 calories a day without exercising? [Non-Exercise Activity Thermogenesis](#) (NEAT) does just that by burning extra calories through movements that are not intended as exercise. Move around in the house, tap your feet and fingers, twirl your hair, use hand gestures while talking, and frolic around as you watch TV, to potentially burn 100-150 calories by just staying active and fidgety!

22. **It's not only about shedding a few pounds; exercise is more about toning your body!** Your laziness or inability to squeeze workouts to your tight routine may let

your muscles go loose in a few days. If you are finding it hard to do a proper workout, between your office, home, kids and Christmas preps, aim to maintain your muscle tone by doing a quick 10-minute daily workout session of weight lifting, squats, or stomach crunches.

## Mental Wellbeing

23. **Physical exercise=Mental Exercise.** Fitness is half mental. Exercising can be therapeutic and release negative thoughts if you develop a habit of using it to de-stress. Instead of avoiding your workout session because of a stressful day, make it your reason to get exercising. Research suggests that regular physical exercise reduces the risks of senile dementia, and improves the mental processing speed. So, get your running shoes on and go for a refreshing jog to revitalize your mind and body.
24. **Sleep well to improve your memory and aid weight loss:** A deep and well-timed sleep nourishes the brain like no other remedy. If you feel you can't retain information well or have trouble learning new skills, take our [advice on sleeping well](#): **Sleep eight hours a day, every day!** Not only is a well-rested brain better focused, it also encourages portion control due to a better thought process, and boosts fat loss because of the high energy levels.
25. **Avoid trauma and depression by keeping yourself engaged in mind games.** People tend to resort to a sedentary lifestyle, excessive eating, alcoholism, and an unhealthy living, following an unpleasant experience in their lives. Experts suggest that powerful mind games like Sudoku, Tetris, crosswords, and word puzzles keep the brain distracted from depressing thoughts and memories, remove emotional scarring and consequently prevent falling into unhealthy habits.
26. **Let your body sway to music.** Dancing and listening to uplifting music boosts your brain's health and instantly enhances your mood. We always make sure to exercise to an upbeat playlist and help our clients to fight their fitness woes by infusing exciting music into our fitness DVDs. Exercise is all about moving your body, it shouldn't be restricted just to the gym. Burn calories at your favorite concerts and clubs... come back home from your night out with a relaxed mind and body!



27. **Develop self-confidence and a sense of humor.** Smile at whatever life throws at you, feel beautiful and comfortable in your skin, learn to see the lighter side of life whenever you feel like giving up, and most importantly love yourself. Your health and fitness begins with you. If looking into the mirror shows you an out-of-shape body, take inspiration from our story of fitness revolution and make your reflection your motivation to get back into shape. Your positivity and high spirits will soon translate into an improved mental and physical health.

## DIY Health and Fitness Hacks

28. **Take the stairs, even if there is no emergency.** Not only do they relieve you from changing into your trainers or hitting the gym every time you need to do cardio, climbing stairs is an ideal low impact exercise which can serve as an effective alternative to running to strengthen your butt, calves, and quads. Take the stairs to get to your office or apartment, and leave things on different floors purposely to make use of stairs on a daily basis. Make use of staircases to do amazing strength workouts and box jumps.

29. **All ready for a strenuous weight-focused workout, but dismayed by the absence of dumbbells?** No problem. [Make use of soup cans, cocktail tins, and milk bottles](#) for a workout at home. Tape a few cans together if you think they are too light for your expertise or aim for an ambitious backpack filled with heavy books and sand bags. We always encourage our clients to make exercising easy and find fitness resources within their homes.

30. **Increase your metabolism** by simply increasing your daily incidental activities like parking your car further than usual, brush the carpet instead of hovering, walk over to your coworker's desk instead of emailing them and make your bed in the morning instead of waiting for mum to do it.

Your journey to a healthier 2018 depends on your determination and will. Benefit from these top lifestyle hacks and make this New Year a hale and hearty one!

