

Forum:[Hack Forums](#)

Thread: [What are some healthy routines you would suggest?](#)

Net - July 2, 2020, 4:40 am

Ok, so I decided to try to have a more healthy lifestyle and not sure if this weird or not but I've made an excel sheet of the daily stuff I do. Just some basic stuff like gym, food / calories, etc.

Anyone have any suggestions what I should add to my sheet?

Absolutist - July 2, 2020, 4:47 am

I think the easiest one and really important is to drink at least a gallon of water a day. It'll be tough at first but the key to proper hydration is to never get thirsty to begin with

Level - July 2, 2020, 4:53 am

I agree with the above post, drinking half your body weight in ounces of water everyday will significantly improve the way you feel and overall health. I also suggest adding 15-30 minutes of book reading per day (books that are written by successful entrepreneurs/philosophers). Another good one is meditating for about 30 minutes in the morning or before bed, I'm not talking about yoga pose with two legs in the air - but simply unplugging from all consumerism and being alone with just you and your mind. In current society we're constantly chasing instant gratification activities such as social media, porn, video games, and other consumerist ways - this will allow you to give yourself a refreshed state of mind.

Yanix - July 2, 2020, 4:58 am

(Jul 2, 2020 04:40 AM)Net Ninja Wrote: [\[CITE\]](#) Ok, so I decided to try to have a more healthy lifestyle and not sure if this weird or not but I've made an excel sheet of the daily stuff I do. Just some basic stuff like gym, food / calories, etc.

Anyone have any suggestions what I should add to my sheet?

You've forgot to say sleep early and drink water more than softdrinks & ice tea :D

Avoid cigarettes and alcoholic beverages :D

Lorem Ipsum - July 2, 2020, 5:01 am

Don't eat 2-3 hours before bed, to make your body fall asleep better while processing the chemicals in your body.

When eating before bed, your mind 'sleeps' but your body is still processing the food, which makes you sleep less healthy.

Start your day with fruit, an apple is just as effective as coffee, but yes, I personally do still drink coffee in the morning.

Avoid dairy like milk, yoghurt, etc. Not many people will agree with this, but I don't care that much. Eat vegetables, dates, berries, etc,. It's a very healthy and nature friendly way to eat (nothing is killed or 'chopped' just picked).

Absolutist - July 2, 2020, 5:18 am

Another one, take a multivitamin if your nutrition is not on point.

NoneStar - July 2, 2020, 6:13 am

Drink water instead of soda/juice (sugars) and try to be active rather than sit around.

Bossk - July 2, 2020, 6:13 am

(Jul 2, 2020 04:47 AM)Absolutist Wrote: [\[CITE\]](#) I think the easiest one and really important is to drink at least a gallon of water a day. It'll be tough at first but the key to proper hydration is to never get thirsty to begin with
yep

drink nothing but water on regular basis.

Yin Yang - July 2, 2020, 6:20 am

Use myfitnesspal to track your calories, weight goal, etc. No matter your workout routine, diet and keeping to it (consistency) is key.

You need to prep and scale out your food, even a PB sandwich can be calorie dense if you're not measuring it out.

Spoiler [\(Click to View\)](#)

As for a workout routine, do resistance and weight training. Along with some type of cardio (running, hiking, even walking or playing sports).

Net - July 2, 2020, 7:41 am

(Jul 2, 2020 06:20 AM)Yin Yang Wrote: [\[CITE\]](#) Use myfitnesspal to track your calories, weight goal, etc. No matter your workout routine, diet and keeping to it (consistency) is key.

You need to prep and scale out your food, even a PB sandwich can be calorie dense if you're not measuring it out.

Spoiler [\(Click to View\)](#)

As for a workout routine, do resistance and weight training. Along with some type of cardio (running, hiking, even walking or playing sports).

The good thing about me is that I do not eat sweets. So not drinking soda or eating sweet snack won't be much of a problem for me.

I've actually used myfitnesspal in the past but completely forgot about it, thanks for bringing it up.

Absolutist - July 2, 2020, 7:43 am

Ok one more, fish oils are good too if You are not big on eating fish

Beherit - July 2, 2020, 9:55 am

I approve, and appreciate all the good information listed above. I also am looking at healthier lifestyle. I've been trying to implement daily meditation, but if I know I'm going to be busy, I try to meditate as I'm watching a video or something and focus on my breathing.

Simplex - July 2, 2020, 9:57 am

Drink more water. Fills you up with a meal.

Go for more walks.

Bacardi Cola Lime - July 2, 2020, 10:30 am

Cut sugar from your coffee if you add any. Try to avoid sugar in general, so stay away from sodas for starters, they are filled with it up to the bottle neck.

?roye - July 2, 2020, 11:09 am

I wouldn't say I'm healthy but I try my best doing healthy stuff. I wake up in the morning and poop, then I brush my teeth and drink water. I, then, start exercising for about an hour and a half daily except on Fridays which are usually my cheat days. I used to go out for running every day but due to the virus I have stopped that.

Marxist - July 2, 2020, 11:10 am

(Jul 2, 2020 04:47 AM)Absolutist Wrote: [\[CITE\]](#) I think the easiest one and really important is to drink at least a gallon of water a day. It'll be tough at first but the key to proper hydration is to never get thirsty to begin with
Hydrate or die

Absolutist - July 2, 2020, 1:20 pm

(Jul 2, 2020 11:10 AM)Marxist Wrote: [\[CITE\]](#) Hydrate or die
Literally

Goods - July 2, 2020, 5:18 pm

(Jul 2, 2020 04:40 AM)Net Ninja Wrote: [\[CITE\]](#) Ok, so I decided to try to have a more healthy lifestyle and not sure if this weird or not but I've made an excel sheet of the daily stuff I do. Just some basic stuff like gym, food / calories, etc.

Anyone have any suggestions what I should add to my sheet?
Stretching, water consumption, sleep. All some major parts of being healthy.

hayesh - July 3, 2020, 12:07 pm

Drink more water consume less news

Soulmate~?? - July 3, 2020, 1:37 pm

Wake up early (if you're not a morning person then 9-10 is good), go for a run first thing in the morning or do something that you're dreading so that you can enjoy the rest of the day and not take it for granted. At the end of the day make a journal entry for everything you did that day and record your progress if you're working on a project or exercising. Also if you work out make sure you do it 2-3 hours after your last meal, and use a protein intake calculator to make sure you're getting enough protein to meet your goals. Also don't work out just to work out. If you want to build muscle in specific places find a workout routine to accomplish that specifically. If you have a "goal body" in mind you'll be less likely to give up. But don't overdo it either cuz that leads to burn out. For example if you're working out 5 days a week but miss a day, don't do 6 the next week just try to stay on the track you originally set.

If you're working on a project or dreading doing something you don't wanna do try timeboxing it. For example, for 5 minutes you'll do this one task and after the 5 minutes are up you can forget about it (unless you wanna keep going) and do that until you're bored. Staying productive on PC time is one of the most important things too, so check out this app.

<https://www.timesnapper.com/>

DeITex - July 11, 2020, 9:13 am

I personally drink a glass of water every morning first thing when I wake up and at night before I go

to bed.

Morning - Helps me wake tf up and get on with the day.

Night - Gets the toothpaste taste outta my mouth and is motivation to get out of bed in the morning to take a leak (if I don't have to that during the night).

Plus, water is just all around good for you.

Pawnhub - July 11, 2020, 10:06 am

Find a nice physical hobby like hiking, archery or swimming. Helps you stay in shape and relaxes the mind.

Skateboard - July 11, 2020, 10:08 am

(Jul 2, 2020 06:13 AM)NoneStar Wrote: [\[CITE\]](#) Drink water instead of soda/juice (sugars) and try to be active rather than sit around.

(Jul 11, 2020 10:06 AM)UnknownPawn Wrote: [\[CITE\]](#) Find a nice physical hobby like hiking, archery or swimming. Helps you stay in shape and relaxes the mind.Nice, I agree. Water, exercise, basic things...??

extreme1owning - July 11, 2020, 10:54 am

getting quality sleep on a consistent schedule, drinking enough water (.5-1 gal per day) cutting out soda/sugar drinks, eating whole foods (nothing processed), doing yoga/stretching 2x per week minimum, cardio 4 hours per week minimum, weightlifting. Consistency is key when it comes to living a healthier life, doing these things doesn't make a difference if in 2 months you go back to whatever bad habits you have.

Creating and sticking to goals will not only benefit your physical health but also your mental health. Discipline beats Motivation every time, don't wait to feel like doing these things. Suck it up and just do it until it becomes habit, you will wonder what the hell took so long for you to get healthier.

Good luck

hfrocket1713 - July 11, 2020, 2:24 pm

7/8 hours of sleep at a specific time, drink plenty of water through the day, brush your teeth more often (3-4x a day), clean your shoes weekly, clean your car weekly, clean your house/apartment/etc, workout for at least 30 min to a hour 3-5x a week, intermittent fasting, read daily, smile at people, eat a apple a day, do 10 push ups every night or more, make sure your nails are cut everyday. etc.

Skateboard - July 12, 2020, 6:13 am

Find activities that you like. Focus on eating healthy, drinking water, light exercise, and get some fresh air.

Goods - July 12, 2020, 8:08 pm

If youre looking to get healthy OP. I would suggest checking out my service. I can get you right.