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Thread: [What's one boring health habit with a massive payoff?](#)

Mxstermind - September 17, 2026, 9:52 am

No expensive supplements or extreme routines. Just one simple habit that consistently makes you feel better. What would you recommend?

Raijin - September 17, 2026, 8:09 pm

Focusing on eating a good diet and staying away from fried and fast foods.

Respect - September 17, 2026, 8:10 pm

As Raijin said, eating clean, drinking water and cutting out soda will help you feel the difference quicker than anything else. Your body will thank you

m1000 - September 18, 2026, 4:58 pm

Brushing your teeth after lunch, too, instead of just in the morning and evening like most people.

? sentient ? - September 19, 2026, 11:07 pm

Since I'm sidelined with an injury but am around 8% body fat and reached that critical level, I've kept eating my "new diet" that I was eating for 2 weeks prior to getting injured. Meaning, I kept eating a 4500kcal/day energy expenditure diet for 2800-3000 kcal/dal worth of work.

Before any of you asks, yes, I've tried cross training, and I did a threshold day on bike even, but that was just the first day, it was very obvious that my injury (like all previous ones for me) is caused/highly exacerbated by APT (Anterior Pelvic Tilt), I sat on my bike and did a fast threshold interval session one day, the following day I loaded a Strava route into my watch and cycled for 3km before mounting off my bike as it was obvious the "side of my hip" was getting irritated.

So I'm basically rotating muscle groups for strength training (no hip work) so I can try and keep my hormones in check and doing sauna for heat adaptation.

Within literally 6 nights, my resting heart rate has gone from 37 BPM to 44 BPM and yesterday was the first day my HRV dropped below 90ms in an entire month, since I figured that supplementing carbs would keep my recovery perfect (though I guess, I can only do that due to being extremely fit right now and being able to increase my body fat as side effect).

If you think this isn't bad enough, I had literally the worst palm hand sweating EVER yesterday after that worse night on the charts. I almost never have hand sweating, like ever, however yesterday I was sweating so much, I recorded a video and my friends said it looked like I had some kind of cream or Vaseline on my hands.

I'm pretty sure sugar/carbs will absolutely wreck your body right now. Keep in mind, for many many years I had a no added sugar diet / no liquid calories diet / strict no seed oil poison diet.

So yes I'm very surprised to learn the effects of sugar/carbs if you're not physically active.

I can confidently say now that no other drug comes close to sugar in the wreckage effect it has in the body, other than maybe alcohol, and that's because I'm actually thinking of the hangover. I think in fact, sugar (maybe it's just fructose and not the glucose? I'm not sure really) seems to be just as

bad as alcohol gram for gram. These are exactly the same effects I would expect from alcohol abuse when I did stop training for holidays in the past. Maybe even worse because 37 -> 44 BPM is a very big gap. I don't think it moved as much with alcohol, but I was never that low (37) either.

This night I haven't even worn my watch, first time in many months. Guess I left it charging and never put it back on. Anyway, the data would just leave me more stressed. I don't need the data to know that I barely slept properly. My sleep is a wreck now with no exercise. I wake up every hour either screaming or jumping in my bed.

Kids, don't do sugar.

slow0212 - *October 8, 2026, 1:33 pm*

Good sleeping habits are massive. Sadly, sometimes that's not reachable through sheer willpower. But if possible, having a good and regular sleeping schedule does wonders