

Are you focusing on the plethora of health tips out there to improve your health? As we all know there are so many out there from choosing the right supplements, reducing seed oils, cold plunges, and fasting to list a few...

But did you know that focusing on these 5 fundamental health habits will help you to live a decade or more longer!

1. Balanced Diet
2. Regular Exercise
3. Limit Alcohol Use
4. Not Smoking
5. Maintaining a Healthy Body Weight

It is so easy to get “caught in the weeds” looking at the next bio hack that you see. However, sticking with these foundational healthy habits are what you need for longevity. To build upon this foundation incorporate these into your daily routine.

- Adequate Sleep (7-9) hours per night
- Organic Whole Foods
- Eating Enough Protein
- Strength Training AND Daily Movement
- Healthy Stress Management Techniques
 - Such as Yoga, Meditation, Going out in Nature, to name a few.

Schedule an appointment today to discuss further with your provider!

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Resources:

One large analysis found focusing on these five major health tips for longevity.