

Ultiself Fitness Routine

Are you looking for balance in your life? Check out this 8 science-backed habits to build a healthy lifestyle.



Sleep between 6-8 hours per night - Higher sleep quality provides energy and improves cognitive performance.

ACTION - Get between 6 and 8 hours of sleep every night.



Exercise - Regular exercise is related to less anxiety, lower risk of depression, higher sleep quality, and reduced weight gain.

ACTION - Practice a physical activity at least 30 minutes 3-5 times a week



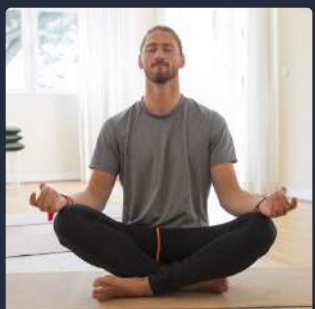
Hydrate - Hydration is crucial for fluid balance, regulation of body temperature, and cognitive performance.

ACTION - Drink 2-3 liters of water throughout the day to stay hydrated.



Eat Healthy - Healthy eating is associated with preventing chronic diseases, lowering cholesterol levels, and healthy weight.

ACTION - Eat 3 to 5 servings of fruits and vegetables and avoid excessive added sugar and unhealthy fats.



Meditation - Regular meditation decreases cortisol, also known as the stress hormone.

ACTION - Practice mindfulness meditation for 10 to 30 minutes daily.



Review Goals - Consistent review of the goals increases the likelihood of achieve them.

ACTION - Review, write down, and prioritize your goals regularly.



Cruciferous Vegetables - Cruciferous vegetables are rich in flavonoids, carotenoids, and antioxidant enzymes.

ACTION - Add vegetables like arugula, cabbage, radishes, broccoli, to your daily diet.



Morning Sun Exposure - Sunlight promotes the production of vitamin D and endorphins.

ACTION - Get 5-15 minutes of sunlight per day before 10 am.