



Countdown to Health



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Less TV, more exercise ... and healthy foods to keep you revived

Since television was invented, many people have become fascinated, if not addicted, to the screen. Living in a digital world makes us become predisposed to unhealthy habits and lifestyle choices. While sitting on the couch all weekend with a bag of potato chips may sound relaxing, this inactivity contributes to a shocking statistic. According to America's Health Rankings, Indiana ranks high among the most unhealthy states in America (41/50). Use these tips to reduce screen time and junky snacks so you can live a healthy, flourishing lifestyle.

Use your TV timer

How many times have we become victim to Netflix shows? When you feel emotionally invested in a character or show, it can be hard to just watch one episode at a time. In order to avoid binge watching hours of television a day, set a sleep timer for your television. Once your scheduled time is up, move to a different room or take a walk outside to induce brain activity and productivity.

Keep a journal

Using a journal to keep track of your television intake can be eye-opening. The same goes for food and exercise. When you log the amount of hours and calories you're consuming and burning each day, you're more likely to make a conscious effort to make different decisions in the future. You can also use a section of this journal to keep track of your most healthy and delicious meals.

Stick to a schedule

Creating a routine helps you adapt to a more active and healthy lifestyle. Choose one day of the week to prep your meals and avoid getting takeout throughout the week. For dinner, crockpot meals are an easy way to mix hearty greens and poultry. If you're a morning person, schedule time for exercise before work. If you fight the morning, exercising after work will turn Motivational Mondays into Transformation Tuesdays. You'll see how physical activity and healthy meals stimulate your brain, giving you an optimistic outlook on the day, improved alertness and boost in overall well-being. When you're motivated and moving, you'll be less likely to "wind down" with television when you get home.



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