

The great emperor of the French, Napoleon as well as many members of his family and line including his father died early due to different forms of illness even though they were well to do. This is to tell us that being successful is not just about having a lot of cash to spend but also paying maximum attention to our health. As the popular saying goes, Health is wealth. The importance of staying healthy and fit can't be overemphasized especially when you have the means to live a luxurious life. When you can afford almost any food or drink, it's easy to get lost in the thrill and end up forgetting about staying fit. I will be sharing tips for staying healthy and staying fit in this article. Also, I will talk about yoga and how it helps the body, especially for the woman's body.

## **Drink a lot of water**

It's very important to stay hydrated at every point in time to ensure the proper functioning of the body organs. It's very easy to forget to drink water and you might not even realize it's affecting your body until it's too late. This is why it's important to make conscious efforts towards staying hydrated at every point in time. Always carry around a water bottle so you can always refill it and in turn refill yourself as you go through every day.

If you are going to move to a new country, for example, one of the best practices is to make sure, you do an in-deep [inspection](#) of the water on this new country's infrastructure. And you are finding it hard to get water in a particular location, a good place to go to is a gym in that location as they are always offering free water. And visit [this website here](#) for more tips and advice.

## **Always eat a healthy breakfast**

A lot of people always seem to forget the importance of a healthy breakfast in staying healthy. Breakfast is very different from dessert and its very important to eat a healthy breakfast as it's the most important meal of the day. Breakfast should contain a lot of protein and fruits instead of cakes and cookies which just end up fattening you up. This is a mistake now commonly made by hotels and it would sometimes require conscious efforts by you to eat a healthy breakfast daily. Eating too much of foods meant for dessert can be detrimental to the woman's body as staying fit would be countered and the body will end up staying out of shape.

## **Exercise and Yoga**

Setting aside time every day or at least every other day to exercise is very essential to staying fit. When you exercise regularly, for instance, spending 20 minutes on running, speed walk or yoga daily you'll discover that your body doesn't tire out easily and also it improves your tenacity.

Exercising early in the morning before breakfast helps you feel better throughout the day and when you feel good, it's easier to eat healthy foods instead of indulging in unhealthy foods to make yourself feel good. Yoga has been helping the woman body in various ways ranging from improvement of fertility; prevention of breast cancer; to physical, mental and emotional well - being.

But if you prefer to exercise by night, make sure to always buy the right gear for your security and for others to see you. A shop like <https://guardianoutfitters.ca/> can provide some interesting gears for you that will help you be secure while jogging at night for example.

Yoga helps the body to relax which has been shown to help women who experience menstrual cycle fluctuations. Yoga helps to take care of back pains and many people have testified about their backache disappearing a few weeks into doing yoga.

## **Spend some time at the spa**

A lot of people especially men tend to underestimate the importance of spas in staying fit and staying healthy. You should always find time to go to the spa for at least a massage from time to time as Spas help you to decompress and relax making you have better rest and sleep which in turn results in better health.

## **Sleep**

Sleep is very essential and every adult should be able to set aside 7 hours every 24 hours for sleep. In times when you are unable to achieve this, you should endeavor to pay up your sleep debt later. Other tips include using sunscreen when going out in the sun, walking and meditating.

## Self Care

Mental health is a huge part of staying healthy and happy, it's important for your mind, body, and soul. Whether it's daily self-care routines, a monthly massage, or a weekend getaway, it's important to invest and care for yourself. Sometimes, if we neglect to care for ourselves, mental health issues can creep in like depression and anxiety.