

10 Things Katy Attorneys Can Do To Improve Their Health

Being an attorney is time consuming, stressful, and challenging on a daily basis. There is so much on your plate that often times, you don't have time to take care of yourself. Here are 10 things you can do to improve your health with the least amount of effort.

1. **When presented with choices, choose the healthier option.** When you are out to eat, choose the healthier items on the menu. There isn't always a choice, but when there is, choose wisely. For instance, you can often ask Italian restaurants to swap out your pasta for vegetables. It still taste delicious, but it prevents you from eating more calories than you need.
2. **Eat lots of fruits and vegetables.** Make fruits and vegetables your go-to resource for snacks. It's easy to fall into eating carb-rich, processed foods, but if you begin to eat more fruits and vegetables you will feel better and your clothes will suddenly start growing. It's amazing!
3. **Make working out convenient.** When getting to the gym is a challenge you are more likely to skip it. Make sure you keep your workout clothes with you. Exercise before you make it into the office. Find a facility to exercise that is close to where you live or work. I'll say it again, exercise before you go into the office. Once you go into the office, getting out at the end of the day is a challenge.
4. **Make eating healthy convenient.** Many people let their fruits and vegetables rot because they don't want to bother washing and cutting them every time they want to eat them. Pre-wash several fruits and vegetables or buy them pre-washed and pre-cut. They are more expensive initially, but they are cheaper than the fruits and vegetables that rotted because you didn't get around to eating them.
5. **Add fruits and vegetables to everything.** No matter what you are eating, add some fruits or vegetables to it. We take in a fraction of the fiber our body needs. You can't eat too many vegetables.
6. **Find someone to work out with that is as motivated or more motivated than you.** When you have a workout partner or personal trainer that you are working with, you are more likely to stick with your routine. We all need help with various aspects of our life, and you can benefit greatly by finding the right help. It can truly add years to your life.
7. **Watch your portions.** We have big plates in America and even bigger plates in restaurants. Plates barely fit in our kitchen cabinets anymore! Use a smaller plate and smaller portions when you are eating.
8. **Workout when you can.** I know that the weekend is your time to relax and unwind, but exercise can help you with that. It is a known stress reliever, which is something you really need. Focus on taking care of your health when you have time to take care of your health. It will make your work week better.
9. **Make a commitment to your health.** Sign up for things that forces exercise to occur. 5K races, cycling events, personal training sessions, etc... Having a commitment that you have to show up for will keep you on track physically.
10. **Keep adapting and changing.** Find various events to sign up for, try different styles of training, and try different types of vegetables. Variety will keep your body guessing and help you keep progressing.