

# 5 Life Changing Tips To Fix Your Health ( They Work) @StaytunedwithRamya

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## SUMMARY

*The discussion emphasizes the importance of a balanced approach to health, highlighting that exercise alone is insufficient without proper nutrition, sleep, and stress management. A holistic health pyramid prioritizes nutrition, followed by movement, sleep, and stress management, underscoring that neglecting any of these areas can hinder overall well-being.*

- Nutrition is the foundation of health, accounting for 70% of success; a balanced meal should include 25-35% protein and vegetables.*
- Carbohydrates should be consumed based on activity level, preferably in the first half of the day.*
- Eating from sunrise to sunset is recommended over extreme fasting methods, especially for those with digestive issues.*
- Training should include enjoyable activities like weight lifting and regular movement throughout the day.*
- Quality sleep of about eight hours is crucial for cognitive function, stress management, and overall health.*
- Different stages of sleep are important; compromising sleep can lead to long-term health issues.*
- Stress management practices, such as meditation, are essential for maintaining health and reducing stress-related weight gain.*

there's this concept going on like I work out so I can eat whatever I want that's not true you have to work out and also eat right for the sake of your body yeah sometimes pain is on the carbs sometimes the blame is on the sugar sometimes the blame is on sleep you have to address each of these evils importance of calves and why it's not unable or you know importance of sleep and of course how to manage the

stress part of it and how it impacts your health Journey [Music] so if we make a pyramid for good healthy living the first and most important here is going to be your nutrition I would give it like 70 percent because uh even if you do everything else right and if you're going to be eating a little here and there uh in an inappropriate way you will not see

results and will also lead to a lot of medical conditions like you can work out all you want in the gym you can sleep every day for eight hours but yet if you are going to be partying and having a lot of alcohol or you know there's this concept going on like I work out so I can eat whatever I want that's not true you have to work out and also eat right for the sake of your body so uh I I know

a lot of people also keep questioning these days that oh all these people who are working out too much they die

soon I'm noticing that culture also happening that is because you don't know what they're eating you don't know whether they're stressed or not you don't know how their sleep cycle was so which is why I'm saying the marks are distributed everywhere and first of that is going to be your nutrition to be very honest with

you it's even okay if everything is messed up where you're not eating right you're not working out also everything is from the scratch something to be started and looked upon that case is much better than a case where you're over working out you're doing you're going all out in one department but you are miserably sailing in the other department so nutrition nutrition combines of a healthy meal plate every meal plate that you have must have about easily 25 to 35

percent of protein and vegetables these are the non-negotiables now after this is water after this based on your activity if you are having a lot of activities you're physically a very very active person I would say give more adherence to carbs if you're someone who's moderately or less active that carbohydrates must come from a good complex source and can be not too much and I prefer having carbohydrates in the first half of the

day not in the evening because you need to use carbohydrate is nothing but it gives you energy it gives you energy to do physical tasks mostly so if you're going to be active then there's a point of you taking a lot of carbohydrates if not just good sources of carbohydrates fibrous vegetables protein and uh healthy fats through nuts seeds avocados nut Butters all of these of course portion control matters this is something which I have to say for sure

the other tip I want to give is eat from sunrise to sunset and that's the best strategy you don't have to do fancy intermittent fasting for 16 hours 18 hours 20 hours because these are things which are not suitable for everyone if you come from a place of having acidity acid reflux and other problems it's not also Etc it's not going to go in your favor and eventually you might also get them when you're going to extreme modes of fasting uh are

Tradition Way of eating which is about wake up in the morning start eating when you see the Sun out you stop eating this is exactly what I do in my life so this is what I'm advising so we've addressed nutrition next comes your training and movement training is something which you do as an enjoyable activity where preferably you lift weights so that it helps you improve your strength preserve your muscle Etc the second thing is about

movement where you keep yourself either physically so active all the time climbing stairs you park your car a little far from your place to work you don't use a lift every day you keep you know playing around with the kids and spend time there so you keep yourself Super Active hyperactive otherwise have a dedicated time apart from your training to do a walking activity preferably outdoor preferably wearing a headphone or something make it fun enjoyable something like a me time

you listen to your favorite music podcast all of that that's the second part of it the third part of it is sleep which is so so so underestimated like we need a proper quality eight hour sleep every day and by eight hour it's on dot Adar for me it can't be six to six and a half people don't understand the importance of it if you want in a 24-hour day if they want to compromise on something they compromise the sleep

for the sake of something else which is fun but this sleeve is the starting of everything your uh you want to anti-age you don't want to have wrinkles and all that you want to remember and be focused and alert take good decisions the cognitive function of your brain and your stress your cortisol all of that is about the sleep so when that sleep is compromised they say like no but I feel good only for my body four hours of

sleep is enough um I my sleep is really deep when I even do four to five hours that's not the point like basically there are different stages of sleep there's a deep sleep there's a rapid eye movement there's a light sleep uh there is a dream stage it all has to be covered up in your sleep when you cover only certain areas and the other areas are not touched upon it's going to really affect you in the

longevity and one day if you wake up and realize it it's gone the days are over is that sleep and finally is your stress for stress I think especially in the given age that we are we need to have certain rules in place we need to be very mindful about all the things that we do and when we feel we are getting anxious we are getting scared we're getting angry and things like it's very important to have

some check-ins do some meditative practices all that stomach fat that we see is mostly from a place of too much stress [Music]