

A person is shown from the back, wearing a black sports bra and dark leggings. Their arms are raised in a 'V' shape, and they are wearing a smartwatch on their left wrist with a white cord. The background is a bright, sunlit park with green trees and a clear sky. The overall mood is positive and health-oriented.

Zoltan Marton

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**tips for getting your
health to 100%**

Tried-and-true tips and tricks

Zoltán Márton

66 Tips for Getting Your Health to 100%

Tried and tested tips

66 Tips for Getting Your Health to 100% - Márton Zoltán - Tried and Tested Steps

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Introduction

I wanted to write this book especially for those who want a simplified version of all the books on nutrition and eating habits. I myself have lost weight and made a lot of mistakes in the process. I've read dozens of books on healthy diet and I have talked to many people in the industry. You can choose those parts of the book that most apply to you and define clearly in what way you want to improve.

Nowadays, almost half the population in the world is obese or overweight, and that is really crazy. Let's start with my favourite quote regarding health: "Take care of your body. It's the only place you have to live." – Jim Rohn.

You take care of your house, your car, so you should also take care of your body – the best care of all of them. Changes don't happen overnight. If you want to change your life, your eating habits, your body, and your health, you need to be patient and keep going. Good health is a sum of a number of factors; it is not just about healthy diet and exercise, but also about the fact that you have to think positively, have a healthy self-esteem, and good mental health.

Of course, we would all like to lose weight quickly, or to fix all our problems and become a healthy person with a flick of a finger, but it can't be done. Hard work is necessary for success, but then it's worth it. You don't have to do it all at once; you'll get there little by little.

This book will provide you with tips and tricks on how to become a healthier, happier, and more efficient person. Find things in this book that you like and try to incorporate them into your life. Don't forget to talk to your doctor about any significant changes in your lifestyle.

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1. Think positive.

Try to think positively throughout the day. People will sense the positive energy oozing from you. Getting annoyed by little things will only make your day worse. Accepting the situation, whatever it might be, will bring you peace of mind.

2. Be grateful.

If you forget the need to constantly possess more and more stuff and instead focus on gratitude for what you already have, the feeling of always missing something will disappear. You've got everything you need and everything else is just something extra.

3. Smile.

Smiling elicits good mood in your body. In addition to feeling better yourself, smiling at someone can also make them feel better. It is contagious.

4. Drink plenty of water.

Our body is made up of around 65% water. Water is needed for our body to function properly. It carries nutrients and oxygen around the body and pollutants out of it. In view of the fact that we lose water through urine, sweat, and breathing, we need to drink water several times a day. 2-3 litres of fluids are optimal.

5. Eat a lot of fruit.

Fruits contain plenty of vitamins and minerals. Swallowing a pill of vitamin C is not the same as eating fruit directly from nature. Enjoy a variety of fruits; the best thing is to combine them. Kiwis, strawberries, apricots, melons, grapefruits, avocados, and oranges are rich in nutrients. Of course, it is ideal to consume them all in organic quality, which means there are less or no pesticides.

6. Eat more vegetables.

Vegetables are extremely important for our health. Doctors and health food experts recommend eating 200-300 grams of fruit and vegetables a day. Unfortunately, most of us are far from achieving this. I would recommend carrots, tomatoes, asparagus, spinach, rocket, salads, or beans. Of course, it is also ideal to consume them all in organic quality, to avoid pesticides.