

Tell you 15 simple tips for happiness and longevity

Just practice the following 15 habits, you can firmly grasp the life of happiness and longevity.

Let's start training these 15 simple habits to get a better health and live happier in this New Year 2016.

1. Regularly campaigning

The habit of sitting for hours in front of a computer makes us lazy, especially those who work in the office. So, from today on, be determined to exercise like running, participating in sports activities or you can set a plan for yourself that every 1 to 2 hours will go out. set times. This not only helps you relieve stress but also relaxes muscles very well.

According to a study conducted at the University of Ottawa in the United States, **every day for only 7 minutes of exercise** (such as jogging, walking, etc.) is also very effective in **reducing the risk of cardiovascular disease**. . In addition, regular exercise also helps you **prevent obesity, increase blood circulation and help your nerves work more stable**.

2. Eat more bananas



Bananas are a very good fruit for the body. Bananas are high in potassium, help **lower blood pressure, fight stroke, reduce the risk of cardiovascular diseases** and effectively eliminate excess melon salts that cause health problems when eating high salt foods. On average, you should eat about 1 banana per day (equivalent to 4.7mg Kali) to ensure stable blood pressure.

3. Drink tea every day

According to a Harvard Medical University study, tea leaves contain oxidizing agents, which help protect blood vessels and fight the invasion of cancer cells.

4. Eat yogurt

Yogurt is known to be a beneficial bacteria for the intestines, helping the digestive system to be healthier and boosting the immune system. Therefore, maintaining the habit of eating yogurt regularly will be good for your body.

5. Keep your home clean

The old people taught: "**The house is clean and cool, the bowl is clean**" Moreover, your mood will be more fun when you come home from work and find your home neat. Therefore, practice the hardworking habit of cleaning the house clean. In addition, a study has also shown that people who live long their homes are often very cozy. Because of that, they have quite high levels of Serotonin in the brain, which helps regulate eating and sleeping habits.



6. Open and communicate with people

Solitude will gradually kill your soul and body. Therefore, actively talk and communicate with people around you more. If you are an introvert, you can try to join clubs or social activities to meet people, share more about your plans or thoughts for the people you trust. Gradually, you will find that openness always brings great things.

7. Plant flowers / plants

Planting flowers is also an interesting secret to help you live longer. This is also the reason why when people reach retirement age, many people often look to flowers or plants for entertainment. According to experts, the habit of gardening about 1 hour a day will be as effective as walking for about 8 km.

8. Regularly eat onions

In onions contain many antioxidants that help prevent inflammation, increase immunity, reduce the risk of colon, rectal, laryngeal, and ovarian cancer.

9. Eat less salt

Eating too much salt every day will put you at risk for heart disease and stroke. Therefore, if you want longevity, you should limit the use of salt when processing food.



10. Keep the spirit happy

"**Laughter is a tonic scale**". Keeping smiles on your lips every day will help increase blood flow by 20%, reduce the risk of heart disease and keep your spirits up. You will be motivated to work and live more enthusiastically.

11. Hard work

Focusing on doing the things you want and getting the results from the effort is great to keep you smiling forever.

12. Speak sincere words

Lying often causes you to fall into a passive state, heart palpitations and rapid breathing, feelings of anxiety, raspyness, nervous tension accompanied by other signs. If you want your body to not fall into this situation, practice the habit of saying sincere words every day.

13. Always contact relatives

According to a study by Harvard University, among those who do not regularly communicate with their parents, up to 91% of middle-aged people will have some diseases such as high blood pressure, heart, alcoholism . Therefore, if you're far away, call your parents regularly. If you are near, spend more time with your family such as going home to eat, helping parents with chores in the home or any other activity with the participation of relatives.



14. Avoid couple stress

If the couple has a disagreement, it's best to be quiet and choose a time to share. Because, if you try to argue to win or lose yourself, the risk of death can increase to 25% (according to research by the University of Michigan). Some cases are likely to suffer from other diseases such as high blood pressure, insomnia, cancer or cardiovascular disease.

15. Eat slowly, chew carefully

Eating slowly, chewing carefully will help reduce the motor pressure for the digestive system, feel better food and eat more.

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