

3 Tips to Conquer Your Family History

Have you looked at your family health history lately?

My family history includes:

- stroke
- heart disease
- cancer
- high cholesterol/ triglycerides/ blood pressure
- obesity

Because of these facts, I know that I am more predisposed to developing these conditions compared to someone who may not have this type of family history. However, instead of viewing this list as a ticking time bomb to my fate, I know that I hold the power to minimize my risk for developing these diseases and conditions by being more proactive with my lifestyle choices.

Below are some tips on what you can do TODAY to take control of your health and minimize those risk factors from your family history.

Tip 1: Find out your family history.

Ask your parents, grandparents, even aunts, uncles and siblings if they have any diseases or conditions that you don't already know about but are important to know. This might seem like you are being a little invasive, but it's important for you to know these details to improve your well-being. In addition to this information, learn about their lifestyle in more detail. (Are they a smoker? Did they grow up in a large city? Air pollution can contribute to the development of certain conditions such as heart disease.)

Tip 2: Get Tested.

Depending on your age, you should already be getting a basic blood test every few years anyway which tests your cholesterol, blood sugar and triglycerides. If you are aware of your family history of certain ailments, your doctor may want to test you more often, or even order more detailed tests. The purpose for this is to be able to detect abnormalities early. The earlier you can catch something in its development, the easier it is to treat and even reverse the progress.

Tip 3: Be Proactive.

Sure, there are people out there who live the dirtiest, most unhealthy lifestyle and still live to be 100, but why would you take those chances when you can increase your probability of a long, healthy and high *quality of life* by just incorporating some healthy habits?

- **Move More:** Having a regular exercise routine comes with so many health benefits including reducing the development of metabolic risk factors (high cholesterol/ blood pressure/ sugar). In addition, just being more physically active (house work, yard work, walking or biking for commute, etc.) can have positive health effects.
- **Eat Smart:** Treat your body like a luxury car. Give it premium fuel instead of regular. Your body thrives when you feed it what it needs – lots of vegetables, fruits, lean sources of protein and healthy fats – versus sputtering out on fast food and fried everything.
- **Take a Break:** Meditate. Pray. Take a nap! Give your mind the break it needs from the daily grind. Ongoing stress and anxiety without any outlets can have negative physical manifestations within us – from skewed glucose levels to decreases in heart health.
- **Be Social:** Having social interactions improves our health and wellness, both physically and mentally. Set up your social calendar as double duty: plan physical activities with someone or a group of people (pick-up basketball game, walking group etc.)
- **Sleep Well:** A lot of hormone rebalancing happens when we sleep, including hormones that help control blood sugars, heart health and depression. Try to aim for about 6-8 hours of sleep per night for your health.

After you complete the first two tips and you have all the information you need to set out a game plan, I want you to choose the top 2-3 things from Tip 3 that you want to prioritize in your life first and just focus on that. When the time comes where these proactive choices become a part of your daily routine, then you are ready to add the rest.

Best in Health,
Jordan

<http://www.fitbeelifestyle.com/>

Follow me on social media:



Sources: National Institute of Health, European Heart Journal, American Diabetes Association, American Heart Association, AARP

© 2017 FitBee Lifestyle, Inc.™ All Rights Reserved.