

Staying Healthy Without Tablets

Daily habits, tips, what to focus on and avoid, and a simple routine

Good food, regular movement, sleep, stress control and connection can prevent many common health problems and improve how you feel. This guide covers the habits, physical and mental focus areas, what to avoid and a daily routine. **Important:** lifestyle habits support health but do not replace medical care. **Never stop or change prescribed medicines without your doctor's advice.**

1. Core Habits for Health

The daily foundations

Why this matters: Most long-term health comes from repeated daily habits, not a single fix.

HABIT	WHAT TO DO	WHY IT HELPS
Eat mostly whole foods	Vegetables, fruit, dal, eggs, curd, nuts, whole grains and lean protein most of the time.	Gives vitamins, fibre and protein that support immunity, energy and digestion.
Move every day	A 30 to 45 minute walk or workout, plus short movement breaks.	Supports the heart, muscles, joints, mood and blood sugar.
Lift weights 2 to 3 times a week	Simple full-body strength training.	Maintains muscle and bone, and supports metabolism as you age.
Sleep 7 to 8 hours	Same bed and wake time, dark cool room, screens off before bed.	Poor sleep affects immunity, appetite, mood and focus.
Drink enough water	Sip through the day, and more in heat or when exercising.	Helps digestion, energy, headaches and skin.
Manage stress daily	Breathing, walking, prayer, journaling or time with loved ones.	Chronic stress affects sleep, digestion and mood.
Get sunlight	10 to 20 minutes of morning or daytime light.	Supports body clock, mood and vitamin D.
Stay socially connected	Talk to friends or family regularly.	Connection protects mental health.
Regular check-ups	Periodic blood pressure, sugar and cholesterol checks.	Catches silent problems early.

2. Focus for Physical Health

Body

Why this matters: Food, movement, sleep and prevention do most of the heavy lifting.

FOCUS	HOW	WHY IT HELPS
Balanced plate	Half vegetables, a quarter protein, a quarter whole grains, plus a little healthy fat.	Keeps energy steady and supports weight.
Fibre	Vegetables, fruit, millets, legumes and whole grains.	Good for digestion, cholesterol and blood sugar.
Protein at each meal	Eggs, dal, curd, paneer, chicken, fish or sprouts.	Supports muscle, satiety and recovery.
Healthy fats	Nuts, seeds, groundnut and olive oil, fish.	Support heart and brain health.
Strength and walking	Resistance training and daily steps.	Protects muscle, joints and the heart.
Gut health	Curd, buttermilk, fibre and regular meal times.	Supports digestion and comfort.

FOCUS	HOW	WHY IT HELPS
Posture and mobility	Stretch daily and avoid long sitting.	Reduces aches and stiffness.
Hygiene and prevention	Handwashing, dental care, vaccinations as advised.	Reduces infections.

3. Focus for Mental Health

Mind

Why this matters: Mental health responds to routine, connection, movement and rest.

FOCUS	HOW	WHY IT HELPS
Daily stress release	10 minutes of breathing, a walk, music or prayer.	Calms the nervous system.
Sleep and routine	Consistent sleep and meal times.	Stabilises mood and energy.
Move and get sunlight	Exercise and time outdoors.	Boost mood and reduce anxiety.
Connect with people	Meet, call or share time with family and friends.	Loneliness is a risk factor for low mood.
Limit screens and news	Set times for social media and turn off notifications.	Reduces overload and comparison.
Do something you enjoy	Hobbies, music, sports or learning.	Gives meaning and relief.
Talk about it	Share worries with someone you trust.	Problems feel lighter when shared.
Journal or reflect	Write 3 lines on how the day went and what you're grateful for.	Builds awareness and perspective.

4. What to Avoid

Habits that quietly harm

Why this matters: Avoiding a few harmful habits often helps as much as adding good ones.

AVOID	WHY	INSTEAD
Smoking and tobacco	Harms lungs, heart and almost every organ.	Quit with medical support if needed.
Excess alcohol	Damages the liver, sleep and mood.	Keep within safe limits or avoid.
Ultra-processed food and sugary drinks	Easy to overeat and low in nutrients.	Choose whole foods and water.
Skipping meals and crash diets	Cause energy dips, cravings and rebound eating.	Eat regularly and balanced.
Sitting for hours	Linked with poor health even with exercise.	Move every hour.
Late nights and screens in bed	Worsen sleep quality.	Wind down before bed.
Constant stress and overworking	Raise risk of burnout and illness.	Schedule rest and breaks.
Self-medicating	Taking painkillers, antibiotics or supplements without advice can cause harm.	Check with a doctor or pharmacist.
Ignoring symptoms	Waiting too long can make problems worse.	Get persistent symptoms checked.

5. Tips and Tricks

Make healthy living easy

Why this matters: Small changes that fit your life are the ones you will keep.

TIP	WHAT TO DO	WHY IT HELPS
Plan meals	Cook simple meals at home and keep healthy snacks ready.	Reduces last-minute junk food.
Use the 80/20 rule	Eat well most of the time and allow some flexibility.	Easier to sustain.
Walk after meals	Even 10 minutes helps digestion and blood sugar.	Easy, quick habit.
Prep the night before	Lay out workout clothes and fill a water bottle.	Fewer decisions in the morning.
Anchor habits	Link new habits to existing ones, like stretching after brushing.	Makes habits automatic.
Go outside	A short daily walk outdoors lifts mood.	Combines movement and sunlight.
Keep a simple log	Tick a calendar for sleep, steps and water.	Visible progress motivates.
Start small	Change one habit at a time.	Prevents overwhelm.

6. A Simple Daily Routine

Structure to follow

Why this matters: A fixed routine removes decisions and keeps you consistent.

WHEN	WHAT TO DO	WHY
Wake up	Same time daily, water and sunlight, 5 minutes of stretching.	Sets body clock and energy.
Breakfast	Protein plus fibre, like eggs or sprouts with fruit, or oats with nuts.	Steady energy.
Morning to midday	Work or study in blocks, move every hour and sip water.	Keeps focus and circulation up.
Lunch	Balanced plate, eaten slowly, followed by a 10 minute walk.	Supports digestion.
Afternoon	Healthy snack such as fruit, nuts or buttermilk. A short break.	Avoids slumps.
Workout (any time)	30 to 45 minutes of strength, walking or sport.	Core daily habit.
Evening	Light dinner 2 to 3 hours before bed, and family time.	Better digestion and sleep.
Wind down	Screens off 30 to 60 minutes before bed. Breathing, journaling or reading.	Calms the mind for sleep.
Bed	Fixed sleep time with 7 to 8 hours.	Recovery for body and brain.

Note: This is general health information written from general knowledge, not medical advice. Lifestyle changes cannot treat every condition. See a doctor for persistent symptoms, chest pain, breathlessness, unexplained weight loss, ongoing low mood or any condition that needs treatment, and keep taking prescribed medicines unless your doctor advises otherwise.