

Health Tips: How Adopting a Pet Can Help Your Mental Health



By Alycia Williams

Pets bring so many different emotions to many different people. Whether it's happiness and energy or relaxation and a sense of calm, pets tend to bring a different energy for all of us. In fact, pets can help with your mental health. Maintaining good mental health is so important, and having a pet can help maintain your mental health. [Health tips](#) are needed to decide whether you should get that pet you've always wanted.

If you're indecisive on whether you should adopt a pet, here are some health tips on how a pet can help your mental health.

1. Pets can help us to relax: To reduce stress and anxieties in your life, you can play with your pets. Taking care of a dog or cat can be a great way to increase your happiness and self-confidence.

Related Link: [Date Idea: Cuddle With a Furry Friend](#)

2. Pets can get your mind off of your problems: A person could do an activity with their pets that will give them a fresh perspective on things. Spending time with animals will get your mind off your fear-related problems and give you the energy to do other things.

Related Link: [Health Advice: 5 Mental Health Tips for Cabin Fever](#)

3. Pets reduce loneliness: Spending time with a pet can be a great source of companionship. Animals can be good company to all of us and can prevent the fear of being alone during our troubles.

4. Pets are 100% faithful: A pet will be by your side through the good and bad times. People in our lives come and go, but your pet will never leave you regardless of how bad your problems may be.

5. You can find a pet that suits your needs: There are many different breeds of dogs and cats you can choose from which can accommodate your lifestyle. Talk to a pet expert or a veterinarian on what type of dog to get that will fit in with your household.

6. Pets are great for your health: By adopting a pet, you will be saving a life, an animal that could very well become your best friend. A pet will love you unconditionally. Adopting a pet can be beneficial to your health and can be one of the best things that you can do in your life.

7. Pets help us build healthy habits: Physical activity, time in nature, and getting up in the morning are things that we should be devoting time towards but a pet can ensure that you stick to those healthy habits.

What are some other ways pets can help with your mental health? start a conversation in the comments below!

Health Advice: Diet Tips for Boosting Your Immunity





By Alycia Williams

Boosting your immunity is crucial during these times, especially in light of the pandemic. You want to have the best immune system you can possibly have, and the only way you'll be able to do that is by getting some [health advice](#). We have some [health tips](#) for building your immune system.

Here is some health advice when it comes to eating the right foods to strengthen your immune system.

1. Colorful fruits and vegetables: Fruits and vegetables are the go-to for building your immune system. They contain all the essential vitamins that will give a boost to your immune system and help keep diseases at bay.

Related Link: [Health Trend: Intuitive Eating](#)

2. Carrots, spinach and sweet potatoes: These foods contain good compounds that help in cell proliferation, or rapid

growth of new cells in the body. This is a key component of immune system's health and thus these foods are important.

Related Link: [Health Trend: Hydration Hype](#)

3. Vitamin C-rich foods: Vitamin C is very beneficial in the quest to keep the immune system functional and healthy. Citrus fruits such as oranges and lemons can help with inflammation and prevent infections from occurring in the body.

4. Omega-3 fatty acids: These good fats are found in nuts and seeds such as flax or chia seeds. They help build a good and healthy immune system, according to research.

5. Probiotics and fermented food: These foods are loaded with good bacteria which help in maintaining a healthy gut. The gut is where 70% of our immune system is housed, which is why probiotics such as yogurt or kombucha can be a wonderful addition to the diet.

6. Limit added sugars: Emerging research suggests that added sugars and refined carbs may contribute disproportionately to overweight and obesity. Obesity may likewise increase your risk of getting sick.

7. Stay hydrated: Hydration doesn't directly protect you from germs and viruses, but preventing dehydration is important to your overall health. Dehydration can cause headaches and hinder your physical performance, focus, mood, digestion, and heart and kidney function. These complications can increase your susceptibility to illness.

What are some more health advice for boosting your immune system? Start a [conversation in the comments below!](#)

Health Trend: Five Diet Tips for Surviving Thanksgiving Dinner



By [Meghan Khameraj](#)

Thanksgiving is a wonderful time to celebrate family, togetherness, and food. In fact, it wouldn't be Thanksgiving without a variety of food to feast upon with your loved ones until you pass out into a food coma. This time of year can be stressful for your body and health. You shouldn't have to miss out on the holiday festivities, but you should also be aware of the impact it has on your well-being. There are many [health trends](#) that gain popularity around the holiday season, so it can be confusing to figure out which one fits your lifestyle the best. It's important to realize that not every diet works

for every type of body; it may take some trial and error to figure out which works best for you!

Skip the post-holiday guilt! In these health trends, what are some diet tips to help you make the most of the holiday?

1. Eat breakfast: It may be tempting to skip breakfast on Thanksgiving to save your calories for later. Instead of missing out on the most important meal of the day, have a small breakfast of cereal or avocado toast. If you skip breakfast, then by the time of your Thanksgiving festivities, you'll be starving and prone to overeating.

Related Link: [Health Tips: Where Intermittent Fasting Goes Wrong](#)

2. Get active: While Thanksgiving may be known for food and lounging around with family and friends, there are many holiday activities that will get you moving. Play a game of football or go on a fall walk to help you beat that all too familiar Thanksgiving lethargy.

3. Listen to your body: We're all familiar with the feeling of overeating. Our bodies do a pretty good job of letting us know what we should or shouldn't be doing. Once you feel full, despite still having food on your plate, you should stop eating. This will help you avoid that uncomfortable feeling we all get when we overeat.

4. Be realistic: Even if you're concerned about your health and body, that shouldn't get in the way of you enjoying the holiday. It logically makes sense that you would gain some weight on a holiday, especially one that is known for food. Don't be overly harsh or mean to yourself if you happen to

overeate. You're allowed to enjoy yourself and that should be your main focus during the holiday season.

Related Link: [Fitness Trend: Move Away from Your Dependence on Technology](#)

5. Exercise: If you happen to feel guilty after Thanksgiving, don't beat yourself up about it. You can always exercise to shed the extra weight you may have gained. Set a weekly exercise regime to follow until your body feels healthy!

What are some other ways you can stay healthy during Thanksgiving? Let us know in the comments below!

Health Tips: Hand Out Healthy Halloween Treats





By [Ashley Johnson](#)

Tirck-or-treating can be one of the most fun activities for kids once a year, but can also be one of the most unhealthy. In different countries, “the treats” people get can include anything from candy to money. While these kind of treats can be awesome to receive in your goodie bag, they are not the only ones. There are ways to have a fun, healthier Halloween all while still enjoying your favorite snacks.

Health Tips: Halloween doesn't have to be unhealthy. What are some healthy snacks you can hand out for Halloween?

While most people stick to giving out candy for the holiday, there are ways you can switch it up this season. Cupid understands the importance of your child's [health](#) and has some [food advice](#) on what treats you can have as an alternative to candy:

1. Fruit snacks: These snacks are easy to eat on-the-go and are good for your health. They are high in essential vitamins and don't contain any fat, cholesterol, or added preservatives. Fruit snacks are just as yummy as candy and are a great alternative.

Related Link: [Fitness Tips: Staying Healthy During the Holidays](#)

2. Raisins: The dried grape is tiny and comes in small red boxes that you can fit in your pocket if need be. Raisins are naturally sweet and rich in fiber, vitamins, and minerals. They also help with digestion, iron levels, and bone strength.

Related Link: [Fitness Tips: 6 Ways To Avoid Putting On Extra Holiday Pounds](#)

3. Apples: Whole fruit can be a great option for trick or treaters. They are just as sweet as candy, but unlike candy, they contain natural sugar. If you want to make them a little sweeter you can also add some caramel!

4. Water: A refreshing bottle of water can actually be beneficial for trick-or-treaters. After walking all night door-to-door, it will definitely be a treat for kids to receive. Water is the best option for them to re-hydrate during their festivities.

What are some other healthy treats you love? Let us know in the comments below!

Celebrity Diet: Does Going

Vegan Hurt Your Health?



By [Katie Sotack](#)

Reducing meat intake is becoming hugely popular in [celebrity diets](#). According to *Foodnavigator-usa.com* companies like Beyond Meat are skyrocketing in sales because their branding has increased food options for vegan and vegetarian diets. This, coupled with people's growing concern over climate change, has added to the desire to reduce meat intake. However, celebrities like actress [Anne Hathaway](#) and food blogger Virpi Mikkonen on a vegan and vegetarian diet have expressed their concerns with a completely raw, plant-based diet. Mikkonen experienced early menopause. Hathaway lacks energy. Check out our [fitness advice](#) and [food advice](#) on how to remain healthy on a vegan or vegetarian diet!

Here's some food advice on how to follow this celebrity diet trend but also stay healthy at the same time!

Adding raw, plant-based foods to meals have been all the rage for dieting tip articles, but to maintain a strictly vegan or vegetarian diet requires a lot of knowledge on how nutrition affects the body. Here are the facts to consider when switching up your diet:

1. Up your protein intake: If you're cutting out animal products, you could be cutting out the majority of your protein source. At the start of a plant-based diet, it's important to find other protein sources in nuts and lentils. Tofu is fine but be careful not to overeat soy-based products, which contain isoflavones, and can have ill effects on the body.

2. There are different types of vegetarian diets: Be sure to research different kinds of diets before you make any major changes for yourself. Some eliminate foods high in fat, like avocados, and others encourage minimal cooking. Find which diet works for you.

Related Link: [Popular Restaurants: NYC Vegan Restaurants That Will Satisfy Both Vegans and Non-Vegans](#)

3. Consult a nutritionist: Not everyone can afford it, but if your insurance will cover it, contact a nutritionist. Whenever you drastically alter your diet it's best to speak with a professional to make sure all your bases are covered. If you can't afford a nutritionist or doctor's visit, make sure to do your research by checking out books on the diet you're seeking to emulate.

Related Link: [Fitness Advice: How to Get Your Best Booty](#)

4. Mix and match: Lacto-Ovo vegetarians, for example, eat only eggs and dairy produce. Pescatarians include fish. Beegans are vegans who eat honey only. There's no need to follow a by-the-book diet. If you want to enjoy a vegan lifestyle, but need to incorporate seafood to increase your energy go ahead!

5. Listen to your body: Above all be aware of your body. Listen to your natural instincts, if you're hungry, tired, and off-kilter in any way, adapt your diet to fit you and your needs. Everybody is different and there are no one-size-fits-all for a diet.

Have you reduced your meat intake or gone vegan? What are your tips and tricks? Share your comment below!

Fitness Trend: Mobile Exercise Apps





By Megan McIntosh

It seems like there is always a new [fitness trend](#) popping up. It's hard when you don't have time to go to the gym to get down to business burning calories. So, why not embrace mobile exercise apps with this fitness advice? These apps give you the opportunity to get a gym-worthy workout from the comforts of home.

It can be difficult to get to the gym for our health. Cupid has the top reasons the fitness trend today is to use a mobile exercise app instead.

Regular workouts help you stay fit and healthy. Why not embrace a mobile exercise app when you're limited on time? Cupid found some great [fitness tips](#):

1. You don't need a huge time commitment: Fitness mobile apps

allow flexibility around your schedule. Even if you only have 20 minutes a day, you can improve your overall health by doing a quick workout to get your heart rate up.

Related Link: [Fitness Trend: Battle Rope Workout](#)

2. They're free: You can sweat it out without breaking the bank! A lot of fitness apps are free. You only have to pay if you want more customized workouts.

Related Link: [Fitness Trend: 5 Benefits of Pole Dance Classes](#)

3. Work out at home: Carve out a small space in your living room or backyard and you can get a gym-worthy workout. You can also do workouts that only require minimal-to-no equipment or that are body-only workouts.

4. Variety: There's yoga, body-workouts, cardio, and even weights if you have some at home. Pick whatever you're in the mood for before your workout. Try popular apps like the Nike+ training club, Daily Yoga, or the Body Foundation—the creator is responsible for [Ryan Gosling](#)'s abs.

What are some fitness mobile apps you recommend? Share below!