There are many conflicting theories as to what the experts consider to be healthy. There are multiple different approaches to living a healthy lifestyle. However, all healthy people do have one thing in common. They have formed positive habits that result in their optimum health level. Let's look at some of these habits a little closer.

Habit 1: Probably the most important habit that highly healthy people have developed is regular exercise. There are many different schools of thought on this subject as well. How much is enough? As a basic rule, any amount of exercise is better than none. Therefore, if you aren't currently exercising, start out lightly. Don't try to run the Boston Marathon tomorrow after reading this. No one wants to go to the gym for a grueling, four hour workout. Anyone can fit 20 minutes of exercise in, though. If you exercise for 20 minutes, at least 3-5 times per week, you'll be healthier than most of the population. If you can eventually bump that up to an hour per day you'll be doing great.

What type of exercise should you engage in? There are countless exercises that you can engage in that will greatly benefit you. Probably the most convenient forms are walking and jogging. You can do these two pretty much anywhere. Even if you don't have a treadmill, just go outside. Besides aerobic exercise, a weight training routine is ideal. Developing muscle helps boost your metabolism and keeps everything running smoothly.

Habit 2: Another factor to a healthy lifestyle is drinking water. This may seem simple, but it is so important. The benefits of drinking water have been proven time and time again. It keeps everything working properly and it actually makes you feel better. After you start exercising, you'll probably want to drink even more water. If you feel sluggish and tired all of the time, there's a good chance that you're dehydrated. Drinking six, eight-ounce glasses per day is great. These two habits are obvious, but two of the most important.

Habit 3: Eating right is a very important part of a healthy lifestyle. Now according to many of today's marketing ploys, you could be eating anything and it's considered 'healthy'. Low-fat, low-carb, no-carb - what's the best. Well, I think if you just use common sense, you'll know what a healthy diet is. If you can, shop at the natural food store, as this is usually the healthiest food. Stick to the food guide pyramid and get some variety.

One of the biggest factors is how often you eat. All of our lives we've been taught to eat three big meals. However, recent studies have shown that this isn't necessarily best for all of us. If you’re a male, try eating 4-6 smaller meals throughout the day, and if you’re a female, try eating 3-5 meals throughout the day. This helps prevent overeating due to shorter time periods of not eating. Additionally, I recommend a difference based on gender because the body requires 20-30g of lean mean to help initiate muscle protein synthesis, or MPS. MPS is crucial to keeping and building lean muscle. Smaller, more frequent meals for males work because they can handle more daily calories from protein, while females usually consume less and therefore would be more optimal to consume fewer, but bigger meals.

Habit 4: Another habit that healthy people perform is taking supplements. Vitamins can give you that extra boost that you don't get through your diet. Chances are, even if you're trying to eat healthy, you miss something that you need. A good multivitamin will solve that.

Habit 5: Healthy people generally get a good amount of sleep every night. Your body was designed to rest every night. It will work better for you if you let it. Six to eight hours is optimal. When you go to sleep, clear your mind of everything else. A busy mind will keep you awake and not let you sleep as deeply. Limit phone and TV use, as studies have shown blue light interferes with the body’s ability to fall asleep. Just try to forget the day and rest. You'll feel much better.

Habit 6: Another habit that healthy people have in common is good hygiene. This may seem like a given, but it should not be ignored. Having good oral health contributes to your overall health as well. So listen to the dentist and brush at least twice a day. Don't forget to floss, either.

Habit 7: One habit that nearly all highly healthy people have in common is their attitude. Good mental health is synonymous with good physical health. You can't be depressed all the time and be healthy. Control your attitude and control your health. Try to put some of these habits into your routine. You'll be glad you did.

So there we have it, 7 habits of healthy people. Which ones do you fall short on? Which ones do you excel in? Start thinking of simple ways to improve on your weaknesses, and I promise you will begin seeing great changes in your quality of life. There’s a reason why healthy people seem happy, it’s because they feel great! There is no hidden secret, it’s all about hard work and consistent effort. Anyone can achieve a healthy lifestyle, by developing these 7 habits, so can you!