



VINAYAKA MISSION'S HOMOEOPATHIC MEDICAL COLLEGE & HOSPITAL

Constituent college of Vinayaka Mission's Research Foundation (Deemed to be University)
NABH Accredited Hospital and NAAC Accredited Institution

VARIYAR Located on NH-47, Sankari Main Road, Chinna Seeragapadi, Salem-636308



Evidence-Based Health Habits to Follow in 2026

Walk about 7,000 steps daily

Supports heart health; the ideal range is 6,000–8,000 steps/day.



Exercise for at least 30 minutes daily

Meets global recommendations of 150–300 minutes/week of moderate activity.



Include strength training a few times per week

Preserves muscle, strengthens bones, and improves insulin sensitivity.



Play a sport at least twice a week

Boosts cardiovascular fitness, coordination, and mental well-being.

Prioritize sleep duration (7–9 hours nightly)

Sleep quality and consistency matter more than sleep position.



Maintain a consistent sleep–wake schedule

Regular timings improve circadian rhythm and overall sleep quality.



Get dinner a few hours before bedtime

Early dinners help some people; consistency is more important than the exact clock time.

Get 15 minutes of morning sunlight

Latly dinners breathe insone might.



Have multiple colors on your plate daily

Ensures micronutrient diversity and better gut health.



Limit added sugar rather than eliminating

Sugar isn't poison; moderation and frequency matter.



Reduce ultra-processed foods

Focus on whole foods with short ingredient lists.



Prioritize gut health

Eat enough fiber and include fermented foods regularly.

Practice mindful eating

Eat-slowly; avoid-screens, and stop eating when comfortably full.



Stay adequately hydrated

Let thirst guide you; aim for pale-yellow urine.



Manage stress daily

Use breathwork, walking, prayer, meditation, or journaling.



Maintain strong social connections

Supports emotional well being, longevity, and overall health.