



Lifestyle is a manner of living. It is the distinctive or characteristic manner in which you live, i.e. your habits. Habits can be described as your usual manner of behavior or conduct. This includes:

- What you eat and drink
- Whether or not you exercise on a regular basis
- Your sleep patterns
- Your daily surroundings (home, workplace, school, etc)
- The personal care items you use daily

Your lifestyle has a significant impact on your health. How you choose to live today makes a difference on how your body will respond tomorrow. To learn more about lifestyle, subscribe to our free newsletter where Dr. Bender outlines lifestyle guidelines in the first issue.