

# The Three Keys for a Better Life

## Green Tea, Walks & Protein

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7 minute read

According to the [Public Health Agency of Canada](#), nearly two thirds of adults and one third of children living in Canada are considered obese. This same study also implies a correlation between an unhealthy diet and depression.

We're getting fatter, it's just a fact. This isn't body shaming anyone, and if you've ever been self-conscious about your weight, just know it's not a permanent label.

I myself used to be someone who wouldn't think twice about the sugar and sodium content in foods and drinks I considered delicious. But when everything halted at the beginning of the pandemic, I said to myself "What changes can I make to feel better about myself while getting the body I think I deserve?"

Years of research listening to people smarter than me and tweaking little things in my everyday routine, led to compliments from family, friends, even strangers about my body. My self-worth went up and my outlook on life was much more positive. I was getting asked "how did you get these abs, muscles and lean physique?"

My answer to everyone remained the same: green tea, walks, and protein.

### Green Tea



Image via Delish.com

*Fat burning:* Considered one of the healthiest beverages on the planet, the plant has been linked to [fat burning and boosting metabolic rates](#). Green tea also contains caffeine, allowing the body to convert fatty acids into a source of energy and balance out insulin levels to avoid having high blood sugar.



Image via Te-A-Me.com

*Stabilizes Blood Sugars:* Studies have shown participants who drank the most green tea had lowered their [risk of diabetes by almost 20%](#) and [cardiovascular disease by almost 30%](#). Why is this so important? Added sugars are in more food/drink items than you think. Besides diabetes and heart disease, having too much added sugars in a diet will result in dental decay, acne and more. A YouTube channel named Talon Fitness does a great break down how many grams of sugar go into things like flavoured coffee and cereal —as well as [the harm added sugars does to our bodies](#).



Image via Harvard Health Publishing

**Reduces Inflammation:** One of the downfalls to working out is that feeling of the muscles being inflamed after a great workout. Even those dealing with arthritis pain or chronic bodily issues would love the chance to stop that constant nagging feeling in their bodies. I deal with inflammation on a regular basis and for me, I found drinking green tea daily helps my body calm down and not get so tensed up. If you can relate to getting aches and pains as soon as you wake up, maybe give green tea a shot.

## Walks



Image via MyFitnessPal

**Physical Benefits:** According to [Dr. Nick Zyrowski](#), walking just 30 minutes a day can strengthen your bones, improve your immune system, and prevent 47% of cognitive impairment. When I started going for walks regularly, I found my posture to be more upright. While walking consistently helped me to shed extra fat, it also helped tone my leg and core muscles.



Image via PCMag

**Perspective:** Having a fitness watch to track how many steps you've accumulated is an excellent way to visualize how far you've walked and how hard it is to burn off calories. A visual representation for the amount of work needed to reach personal milestones is a reward system that subconsciously tricks your mind into avoiding unnecessary eating.



Image via The Christian Science Monitor

**Multitasking:** [Desk treadmills](#) are becoming more and more popular. If you want to read work emails but also feel productive, investing in one of these allows busy individuals to take care of work when dedicating specific time outdoors isn't an option. Studies have shown walking [reduces the risk of clinical depression, lowers anxiety, and increases learning capacity](#).

## **High Protein Diet**

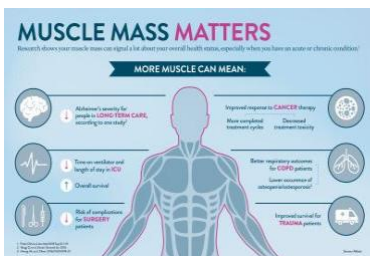


Image via EurekAlert!

**Increases Muscle Mass:** Proteins repair and maintains muscle tissue, but also [increases lean muscle mass by up to 45%](#). A study from Pennington Biomedical Research Center found those who consumed high-protein diets stored over 40% of excess calories as muscle mass (those with low-protein diets converted 90% of excess calories into fat.)



Image via iStock

**Helps to Avoid Overeating:** A [study](#) from the University of Washington found those who ate more protein ate around 440 calories less than those on a low-protein diet. Both groups were allowed to eat as much as they felt like —it's just the high-protein diet group felt fuller quicker. Protein reduces the amount of ghrelin in your body which is responsible for telling your brain you are hungry and need to eat. It raises other hormones in your body to tell your mind it's full and can feel satisfied.



Image via Perfect Sports

**Quality Alternatives:** Those who are vegetarian or vegan might hesitate on a high protein diet assuming the quality protein comes from animals. The truth is protein sources like tofu and chickpea pasta are plant-based, carrying anywhere from [20-60g protein](#) (depending on serving size). Vegan-friendly whey protein powder is an excellent way to incorporate more protein into your diet if you want to meal prep or simply have a protein shake ready to go for those busy work days.

## **Conclusion**

I think it's safe to say the pandemic taught us to avoid waiting long hours in the emergency room and to spend less time trying out these extreme diets and opt for small additions instead. If weightlifting is not accessible to incorporate into your daily routine (time, space, injuries, etc.) it doesn't mean you cannot achieve that physique you think you deserve.

Click the link [here](#) for a wide range of green tea categories, click the link [here](#) to see more benefits of daily walking, and click here to watch recipe videos from my favourite fitness chef [Remington James](#).