Decluttering Can Improve Your Eating and Exercise Habits

By now, you're probably well aware that having an organized home is good for your physical and mental health, but you might not know that it can make it easier to stay in good shape. Here are some different ways decluttering your living space can actually help you to stick to a good workout routine and even eat a healthier diet.

**Decluttering Saves Time**   
  
For starters, having an organized home free of clutter can free up some time that you can devote to your workout routine. You don't need to spend as much time tidying up a well-organized home, nor will you ever have to dig through piles of clutter to find what you need when you need it. This saves up more time than you would think, time that you can use to devote to your workout schedule or cooking healthier meals. 

**Decluttering Reduces Stress - And Stress Eating**   
  
Another way that having a well-organized home can help with your physical health is that it reduces stress. Not only is this good for your mental health, but it will also help you if you're prone to stress eating. A lot of people will be more likely to reach for the unhealthiest junk food they can find when they're feeling stressed out, and few things are more stressful in a person's daily life than having a messy home. Reducing the chances of stress eating is probably a minor benefit of having a tidy home, but it's a benefit nevertheless. 

**Decluttering Puts You in a Healthier Mindset**   
  
If you're the type of person who has trouble sticking to a regular workout schedule, decluttering and organizing your home might help you with that. [A recent study](https://www.hindawi.com/journals/jobe/2011/348293/) has shown that those who have a definite workout plan and a schedule are more apt to stick to their workouts and benefit from them than those who simply show up at the gym whenever it's the most convenient for them.

It may sound like this has little to do with keeping an organized home, but it does extend into that realm. Simply put, being more meticulous with cleaning your home and keeping everything in its place will put you in a healthier mindset and make it easier to stick to other schedules such as the kind you will need to stick to an exercise program.   
  
Generally speaking, having an organized home that is relatively free of clutter will improve your physical and mental health. It isn't guaranteed to keep you eating right and working out regularly, but it will make these things easier. If you've found it difficult to stick to your New Year resolution to get into better shape, take a look at your home. Getting rid of the clutter and keeping things neat and tidy just might give you the motivation you need to get back into the gym.