

The Best Healthy Living Blogs of 2023 | Black hat seo forum

Living a [healthier](#) life may appear to be a tall order — the **nutrition**, the exercise, the inner happiness! But having some friendly advice available whenever and wherever you need it makes it easier and more **enjoyable**. These awesome blogs filled with tips, tricks, and personal stories will inspire you on your journey to wellness with just a click.



Delish Knowledge

Consider this healthy **vegetarian** cooking simplified. Alex, the writer, is a registered dietitian, and her ingredient shopping tips and cooking videos — check out the one for vegan paella! — are the next best thing to a visit to the doctor. This blog can be considered a starter kit for plant-based recipes ranging in ingredients and complexity for **vegetarians** or anyone interested in the lifestyle.

The Real Food Dietitians

This blog is for people who adore their Instant Pot, slow cooker, and Whole30 diet. It includes **recipes** for each, as well as meal preparation [tips](#). There are not only a plethora of dietitian-authored recipes, but you can also opt for customised meal plans.

Fit Bottomed Girls

Fit Bottomed Girls is a welcome change of pace for those who are tired of the status quo and ideals of what we "should" be. The founders, who are both **certified fitness** professionals, promote **self-esteem** and body positivity. Instead of quick, lose-fat-in-10-days results, they

take a methodical approach to fitness. Their plan for a [healthier life](#) consists of a combination of nutritious recipes, manageable daily workouts, and meditation.

Fit Foodie Finds

Fit Foodie Finds is a **wellness** blog for Instagram addicts. The gorgeous photos of healthy meals are just as exciting as making them. Who knew oats could be so pretty? Healthy living posts primarily focus on recipes, but they also include workouts (booty, legs, you name it), do-it-yourself (DIY) **beauty, mental health**, and relationships. Style-conscious readers will enjoy it as well, with its gallery after gallery of fashion articles.

Mommypotamus

Moms looking for that trust-me-I've-been-there perspective and healthy ways to care for their families and [themselves](#) will find it on Mommypotamus. This blog is packed with information for pregnant women and first-time mothers, covering topics ranging from ultrasound safety to birth plans. You'll also find a wealth of content on motherhood, **natural health**, clean beauty, and other topics.

Toby Amidor Nutrition

Blogger Toby is a **registered** dietitian and author who keeps home cooks up to date on nutrition and food news, such as ingredient recalls and safety precautions. Toby helps you see your kitchen in a whole new light and **rekindle** your passion for food and cooking. There is a strong emphasis on creative meal prep, as well as more serious articles on topics such as foods to fight depression.

Peanut Butter Fingers

This blog will appeal to anyone seeking **friend-to-friend** advice from someone who has made a career out of motivating others — blogger Julie is a personal trainer. She dons her motivational hat to write **posts** about everything from beauty routines she swears by to floor exercises that make you sweat. Check out the recipe index and workout feeds.

The Healthy Maven

Look no further for a 360-degree approach to [self-care](#), with tips for **improvement** at work, home, the **gym**, and on the go. The Healthy Maven has recipes for every meal imaginable (salads, sides, soups, and more), DIY tips (including how to make your own yoga mat spray), and quick workouts. If you like where this is going, **blogger** Davida has a supplementary podcast with guest wellness experts.

Fitful Focus

Fitful Focus is ideal for sceptics who need a **confidence boost**. Nicole, a blogger who lost 10 pounds and ran her first marathon in 2012, could be just the cheerleader you need. The name says it all: get in shape, **eat well**, and stay focused. If that sounds appealing, you'll appreciate the vegan and gluten-free recipes, ab workouts, and discount codes for your online shopping list.

Bites of Wellness

Diet-conscious people who enjoy a good cheat day will appreciate this blog, which shows you how it's done with easy **10-minute healthy** recipes and some indulgences, such as sweet potato donuts. The content is geared toward carb- and fat-burning food choices, as well as life tips to keep the metabolism going, such as "you need sleep to lose weight." Many recipes are available in ebook format.

Nutrition Twins

Busy bees who don't have a lot of spare time but still want to stay on top of fitness and wellness trends will appreciate Nutrition Twins' approach to [information](#) — quick and **digestible** while covering all the hot topics. Find exercises to do while sitting in your office chair, home detoxes, and more. There are also articles geared toward the long game, such as how to train your taste buds to **enjoy healthy** foods.

Eating Bird Food

Meet Brittany, a **blogger** who dreams of having a **holistic** nutritionist on speed dial. She has a lot of advice on how to live a balanced life by using alternative medicines and vegan ingredients. Brittany shares unique recipes (hello, chocolate chia pudding), as well as travel stories about wholesome goodness in **hidden-gem** cities like Grand Rapids, Michigan, and Charleston, South Carolina.

Natural Living Ideas

Although fitness and nutrition are important aspects of **healthy living**, some may argue that green living is equally important. Natural Living Ideas is a good place to start if you're curious about what a green **lifestyle entails**. You will learn how to start your own garden, as well as other farming, aromatherapy, and DIY cleaning products topics. If you **enjoy coffee**, you can even learn how to reuse used coffee grounds in your garden.

Nutrition Stripped

Nutrition is at the heart of any [healthy lifestyle](#), but finding the "right" eating plan can be difficult. If you want to change your eating habits to be more nutritious and mindful without sacrificing taste, Nutrition Stripped is a good place to start. **Readers** can learn about the **importance** of nutrition and overall health from nutritionist McKel Kooienga, while also learning some new (and tasty) recipes. If you want to **work** with McKel, you can also look into her paid memberships and one-on-one coaching opportunities.

A Healthy Slice of Life

Brittany **Dixon**, a former health **coach**, explores three important aspects of her healthy lifestyle on this blog: food, family, and travel. The food section focuses on healthy but simple meals, which is **ideal** for busy parents. You can also find a mix of **plant-based** and paleo recipes — just stick to the diet that works best for you! Are you curious about how Brittany incorporates healthy eating into other aspects of her life? Check out the rest of the blog for parenting, homeschooling, and travel **advice**, among other things.

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