Analytical Essay on Healthy Lifestyle Behaviors

“A healthy lifestyle can help you thrive throughout your life. Making healthy choices is not always easy. However, it can be hard to find the time and energy to exercise regularly or prepare healthy meals. However, your efforts will pay off in many ways and for the rest of your life” (UCSF Health, 2019).

Eat Well

Diet is the most important factor for a healthy lifestyle. Having a balanced & good diet is most precious. Eat a well-balanced, less carb diet with lots of fruits, vegetables and whole grains. Choose a diet, which has less saturated fat and cholesterol, and moderate in sugar, salt, and total fat. Always eat well. Many experts say that eating breakfast reduces the risk of obesity (Goldstein, 2016). Go for five servings of vegetables a day — raw, steamed, or stir-fried. A diet high in fruit is associated with a reduced risk of developing cancers of the lung, colon, breast, cervix, esophagus, stomach, bladder, and pancreas. “Some of the healthy compounds are those with the boldest colors — such as broccoli, cabbage, carrots, tomatoes, grapes, and leafy greens (Rouse J, 2020).

Regular Exercise

Workout helps a lot in reducing risk for Heart disease, Stroke, diabetes, and cancer.

Many studies have established that exercise and physical activity can reduce symptoms, increase Heart and lung health. It improves the quality of life for folks with multiple sclerosis. Participation in physical activity reduces mobility disability. Workout is extremely important, not only on a physical level but also on a mental level. It helps us remain fit physically as well as mentally. Doing exercise in the right method helps a lot in reducing or maintains weight. Exercise is very good, but the important thing is consistency. You must make it routine. Many people who exercise on a routine basis know well that the toughest thing is to do work out daily irrespective of the weather and other conditions. This idea combats both perfectly since starting becomes easier with the distance of the place and consistency is easier with less excuse.

Limit Alcohol

consuming much alcohol is very harmful to our self. It causes many major diseases. The extent of alcohol-related illness has been quantified in the Northern Territory of Australia. ”The death rate amongst native people there due to alcohol is twice the national rate, with almost half of these being due to suicide and damage to vital organs in the body such as the liver” (Boulton J, 2008). Alcohol has wide-ranging effects on stress, as well as hormones, and sensing ability, which may affect the development and metabolism of the unborn child in Women (Kalisch et al, 2018).

To Conclude, Healthy lifestyle adds 12 to 14 years to life expectancy. Healthy lifestyle behaviours are combination of recommended diet, good hygienic practices, physical activity,

and limited alcohol use. Physical exercise, Diet & sleep contribute 50%, 30% & 20% respectively to Health.

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