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Importance of Healthy Life Style in Healthy living



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Mini Review

Health is a natural facet of liveliness - both by definition and realization. The ancient Indians had attributed the secret of "*jivem shardah shatam*" - hundred years of vigorous, healthy, happy and creative life - to the total harmony of the mode of living with the Nature and the spiritual inheritance of life. Lifestyle plays an important role in staying healthy. Overall health is what we have placed in our body, we come strictly and consistently to maintain our physical fitness. When it comes to our diet, we understand the important elements of maintaining all health; Eating natural, whole food and commitment to avoiding high food items in fat and oil. But physical fitness, more than anything else, helps in protecting our body from disease and disease and keeps us strong and healthy in the future. How is a healthy life? An effective fitness routine involves exercise that works with your current health and lifestyle. If you are currently sitting, start a fitness routine very slowly - include a small amount of exercise in your daily schedule and Raise your strength and conditioning as you grow is a wonderful exercise that will positively affect your all areas of your body. Fitness and fitness can be easily solved by beginners. Start walking a little bit each day and increase your speed and distance just like you feel strong.

In sociology, a lifestyle is the life of a person. Sedentary lifestyle is a big risk factor in common diseases. Psychotic lifestyle is a medical term that is used to denote a type of lifestyle, with any or irregular physical activity. A person who lives in a sedentary lifestyle is known as colloquial, a couch potato is found in both developed and developing countries. There is little or no vigorous physical exercise involved in sitting in sitting activities, reading, viewing television and using computers for a long day. A sedentary life style can contribute to many preventable causes of death. A seamless lifestyle is a lifestyle in which a person is not engaged in adequate physical activity, which is generally considered to be a healthy life. It is marked for long periods of seating, whether it is around TV or computer screen or something, sedentary lifestyle people ignore physical activity and are involved in those activities that rarely

require any physical stress. According to a new study, sedentary lifestyle can be more dangerous for your health than smoking. Many researchers have been done on the effects of sedentary lifestyle on a person around the world. The findings of these researches can be mentioned as follows:

The main effect of a sedentary life style can be seen on the size of your trouser. Because you are eating many calories and actually not burning any of them, these calories are stored in your body as extra fat. And this is just the beginning of problems. To work efficiently, your heart should get proper blood supply from the blood vessels (coronary arteries). In a sedentary lifestyles, leading blood circulation can slow down and stiffness and block your blood vessels. In severe cases, it can cause arteriosclerosis and cardiac arrest. According to a study, due to lack of physical activity in your Middle Ages, risk of death from heart disease can be 52 percent for men and 28 percent for women. Regular exercise helps control the level of blood glucose. According to studies conducted by researchers at Duke University Medical Center, intense exercise can significantly improve the body's ability to control blood glucose levels. Due to lack of exercise results, blood sugar levels have increased, which puts more pressure on your pancreas (which hides the insides of the hormone insulin). This increases the likelihood of type 2 diabetes.

Decreased activity increases the risk of developing certain types of cancers such as breast cancer, colon cancer, and other types of lethal tumors. According to a study conducted by the Hong Kong University, physical inactivity can be 45% for men and 28% in women. Long-term inactivity causes your bones to lose their strength because now they have not been challenged to support the structure of your body. Arthritis and osteoporosis, which cause bones to become brittle and weak, can be brought through inactive lifestyles. Your muscles are like a car battery to ensure that the car is working; it needs to be run on a regular basis. In a more sedentary lifestyle, you have less muscle potential, which has the potential. You have fewer muscular muscles, which have the potential to work from day to day. Due

to being a sofa potato, there is a serious effect on the health of your posture and spinal cord. While sitting throughout the day, you can reduce your hip flexors and hamstrings, while reducing the back muscles supporting your spinal cord can be reduced to become weak and stiff.

A sedentary lifestyle does not put any physical pressure on the body. In this way the body does not feel like relaxing, which often leads to sleeping difficulties and can cause insomnia in severe cases. Researchers in Norway found that those who did not exercise used to exercise the probability of developing non-migraine headache was 14 percent higher. Of course if you are following a sedentary lifestyle for age, then suddenly you may find a bit of a difficult task to exercise back. But if you gradually add high-intensity activities such as walking, ironing, dog walking, walking, cycling etc in your life style, then you are well on your way to a proactive and healthy lifestyle. Can be from. What is a healthy lifestyle? We all know that we should exercise a lot and follow a proper diet program to keep ourselves healthy. But, many of us like this grandmother's advice - we listen to it and then we forget it and go back with our old ways. We like our sedentary lifestyle because it does not compel us to do many things, we spend too much time in front of the tele and if it was not enough, then we take it with lots of junk food. How Healthy Lifestyle Is Beneficial? With the increased understanding of our body over the last few decades, the benefits of a healthy lifestyle are becoming more pronounced, as well as for reasons we can immerse the body at least once a year to remove harmful bacteria. And even insects, from our digestive system.

The benefits of a healthy lifestyle are infinite for people of all ages, weights and abilities. But for now look at eight simple benefits of a healthy lifestyle. Good health is not something you buy from a drugstore or department store but depending on the choices made from the available options, it can be achieved by practicing the collective pattern of health-related behavior. After this argument, if you want to realize the benefits of a healthy lifestyle, then repeat some healthy patterns as part of your daily or weekly activities, eating properly and exercising. Other benefits include: low health care costs, decrease in illness and injury, decrease in the number of doctors, you maintain employed and better employee / employer relations.

Managing your weight is the key to achieving all the health benefits of a healthy lifestyle, reducing the weight of just ten percent will reduce the risk of heart disease and other obesity-related diseases. Obesity / excess weight is the second major contributing factor for many childhood diseases such as osteoporosis, sleep apnea, type II diabetes mellitus, asthma, high blood pressure and cholesterol, skin disorders, emotional and psychological problems. Weight lifting, such as walking and strength training, starts and / or stops osteoporosis and some research suggests that by participating in such activities, the bone density can actually become bone and this disease may start to reverse. Other benefits are: weight loss, stress reduction

and stress, better health, increased self-image and self-esteem and better physical work.

Although medicines alone can often lead to cholesterol to normal levels, diet and exercise benefits are not available in medicines. They reduce blood pressure, lose weight, and reduce the risk of developing diabetes. I am a dangerous risk factor for a sedentary lifestyle disease. Exercise and healthy diet helps the body to use insulin more efficiently and can help control, reduce and prevent many diseases. Learning to exercise, eliminate the consumption of tobacco, high fiber, and low-fat food, control body weight, and cope with stress, reduce the risk of heart disease. We all want a trim and are a healthy body for various beauty, social and medical reasons. Healthy life is actually the best medicine in a study conducted by Tufts University at the New England Medical Center, among patients of cardiovascular disease, a practice program was shown to significantly reduce LDL cholesterol and other hazardous factors More than what is provided by therapy. Even minor weight loss can reduce the cost of medical and pharmacy, may help to avoid bariatric surgery, and can be cured of co-ailments like asthma, high blood pressure, and diabetes.

Wellness is about being comfortable in your place: your body, your attitude, and your environment. A healthy lifestyle can increase the longevity of a person. And although catching some infectious things like cold or fluid is sometimes indispensable, which is feeling good to the knowledge, it is a better way of getting better, you should ask yourself why you are as beneficial as possible to live each day Do not take it. This issue with many people nowadays is that they are so busy that they are working and / or take care of everyone around them, that they ignore their health and welfare. Make sure your heart is healthy and your bones are strong and keep it to see the benefits of a healthy lifestyle. The best way to ensure good health is to take care of yourself. Care bets are high, but potential awards prevent premature death, unnecessary illness, and disability, control health care costs, and in old age maintain a high quality life.

With a healthy lifestyle, you are doing who you are and you do not have to be self-conscious about things you would not otherwise do if you do not care about your lifestyle With a healthy lifestyle, with more control over your life, you work with your body with those aspects of life that you can work to catch them back. With a healthy lifestyle, you control your sleep patterns so that you can feel comfortable all day long. With a healthy lifestyle, everything works together to understand and benefit other aspects of your life style. Science has proved that healthy weight loss, healthy eating and fitness routines make dramatic improvements in health, and help control common chronic diseases such as high cholesterol, hypertension, diabetes, stress and general deficiency of stamina.

Another advantage of a healthy lifestyle is the steady flow of stamina and strength; you can practice activities and enhance your flexibility. With a healthy lifestyle, you have a balanced and

varied diet that provides essential nutrients and energy to your body. There is the power to be trained to help you build muscles that support bones and joints; Therefore reducing the risk of falling and fracture. Cardiovascular exercise, also called aerobic exercise, strengthens the heart muscles, so the efficiency of the heart increases as we age, our bones start to lose large amounts of bio-biological strength. Weight lifting, such as walking and strength training, starts and / or stops osteoporosis and some

research suggests that by participating in such activities, the bone density can actually become bone and this disease may start to reverse. The good news will be that you will not need to train like Olympic athletes to enjoy the benefits of a healthy lifestyle. Mystery and logic are repeating a chosen healthy pattern as a part of your daily or weekly activities. A healthy lifestyle is a way of life.



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