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A healthy lifestyle refers to a set of everyday behaviors or relationships that people perform to keep their body and mind properly. Similarly, lifestyle is the basis of quality of life, a concept that the WORLD Health Organization defines as a person's perception of their place in existence, in the context of the culture and value system in which they live, and because of their goals, their expectations, your rules, your problems. Lifestyle is associated with the nature of a person's consumption in his diet, tobacco, as well as the development or non-disproportionate physical activity, risks of leisure, especially the use of alcohol, drugs and other related activities and occupational risks. Which, in turn, are considered as risk factors or protection, depending on behavior, infectious and noncommunicable diseases (diabetes, cardiovascular disease, cancer, among others). Discover the hundreds of Wikimedias we have for you. The quality of life is related to the following aspects: Satisfaction in everyday activities. Meeting needs. Achieving goals in life. Self-esteem and attitude to life. Participation of personal factors and environmental partner. Lifestyles that affect people's health include: Do you know that prolonged stress and sadness can cause us to imbalance in our lifestyle? The strategy of developing a healthy lifestyle is mainly, according to Bassetto (2008), in the individual and social commitment that is achieved, only in this way the basic needs are met, the quality of life is improved and human development is achieved in terms of human dignity. Examples of healthy lifestyles include: Discover more health messages and other tips on our social networks. This is the key to healthy aging. Moreover, older people who are physically active are less likely to develop problems such as obesity, high blood pressure, osteoporosis, diabetes, depression, colon cancer. But in addition to the above, there is a lot of scientific evidence demonstrating the benefits of regular physical activity, among which we can highlight: It improves mood and helps reduce stress. This increases energy and increases a person's productivity. This helps to achieve and maintain adequate weight. This gives more flexibility and improves the ability to carry out activities of everyday life. Reduces the likelihood of cardiovascular disease or if you have heart disease if you have complications. People with diabetes better manage glucose and supplement treatment. Discover: 7 recommendations to reduce the risk of cancer and cardiovascular disease and 6 tips to improve your technique when starting Is the cause of death and disease with the greatest chance of prevention in adults. Smoking contributes significantly to diseases such as cancer, cardiovascular, chronic respiratory (emphysema and chronic obstructive) among others. Data from the Americas region show that 1 in 4 older men smoke. And even if some think that if you smoke all your life and nothing has happened to you, just quitting smoking benefits for cardiovascular and respiratory health. Therefore, it is never too late to stop the vice of cigarettes and start living a healthy life. Maintaining the right body weight is essential for your health. Overweight or obesity are associated with an increased risk of diabetes and cardiovascular disease, and can worsen existing conditions such as arthritis. Similarly, having low weight is also a risk factor for death and functional loss. One of the first suggestions regarding the frequency and quantity of food, a few small meals should be consumed in a day, five times is ideal, lunch is the main meal of the day and afternoon snacks and dinner light. Foods that need to be part of everyday life are fruits and vegetables that are only (natural juices or fruits) or combined (salads) should be present in each of the five meals we make a day. In addition, legumes and rice are due to the high fiber content and nutrients plants they contain. And whole grains like corn, bread made from nomet flour and others like oats, wheat, which are an excellent source of vitamins and fiber. I discovered: What is there to be happy? In foods that are sources of protein fish is the ideal food for its large amount of nutrients and very little fat. Milk and dairy products (cheese, yogurt) without fats are also very good. Others, such as eggs, chicken, but cooked without skin and finally beef or pork, but without fat, provide the necessary nutrients for a good diet. Foods that are not recommended eat those that have a lot of sugar, such as keke, ice cream and cakes, as well as those that have a lot of fat such as butter, baking, butter or other foods that have been fried in copious oil such as french fries. From Aguila R. Promoting healthy lifestyles and preventing chronic diseases in an older adult. The Pan American Health Organization. healthy life is understood as a way of life in which a person maintains a harmonious balance in his diet, physical, intellectual activity, rest (especially outdoors) rest, hygiene and spiritual world. To lead a healthy lifestyle, all kinds of excesses should be avoided: it is as bad to eat a lot as eating too little. In this sense, you should choose the most nutritious foods, especially cereals, fruits and vegetables, and drink plenty of water, maintaining the right body weight. Fashion has brought people to lose weight to be very thin, which has led many young people to life-threatening diseases such as bulimia and anorexia.

Something similar happens to other aspects. For example, you should sleep about eight hours a day, walk twenty blocks a day (depending on age and overall fitness). Nothing should live like an obsession, think all the time about things that can affect us and avoid them desperately, it will only lead to a change in psychological balance. Drugs, alcohol, tobacco, self-medication should also be avoided; and consult your doctor in cases where symptoms of pathology feel, and once a year as a routine, after 40 years to do tests, cardiac research, and control blood pressure. Today, living conditions are fading to avoid stress and daily hardship; You tend to eat fast and bad, consume foods rich in fats and dyes, have little sleep, try to have more and more material things, taking away time from rest and social life, which are also essential parts of a healthy life. Many diseases recognize their origin in the modern way of life. This healthy is something that, according to the benefit it brings to the body and its functioning, can positively affect the human body. Similarly, this adjective can be used in those people who, because of the lifestyle and diet they carry, are in good health and look healthy. Other uses of the word refer to the fact that it is just full of benefits for something or someone. This word can be used as a synonym for healthy, which has no injuries, illnesses or negative conditions. Healthy not only refers to what is palpable, such as food, but can also relate to moods such as anxiety, anxiety, among others. This usually applies to what is healthy for a diet rich in fruits and vegetables, as well as constant sporadic exercises and medical checkups. Experts recommend to maintain a balanced and happy life, it is important to take care of your own, polish the potential that it has. This is possible with the determination and guidance of health and nutrition experts, identify the best role models for the changes to be made. Items and foods deemed healthy will be incorporated into the process. People who act without negative intentions or malice are called insane people. In addition, anything that can positively affect a person can also get a healthy adjective. In popular speech, the term abbreviation for the healthy refers to solving a problem or conflict peacefully by promoting dialogue. The Global Health Organization (WHO) describes healthy lifestyles as a state of general well-being. It includes health, emotional, psychological well-being and a good social life. Many people treat a good lifestyle just for health or social part. Excluding the fact that this is an addition in between. To achieve a healthy lifestyle, you need to consider that you need to lead a healthy lifestyle. This includes good nutrition, exercising, having a pleasant social life. It also includes health prevention, environmental relations, work and many others. In other words, a healthy lifestyle includes everything that gives well-being to the body. All activities that are carried out for human well-being cover such a healthy lifestyle. Achieving this lifestyle is often difficult because it requires consistency. However, once you manage to take the rhythm becomes an easy task to perform and its benefits are excellent. Today, most people lead a life that is not very closely related to a healthy lifestyle. This is because they are forced to lead a life more practically because the time is not enough for them to devote themselves to a healthy life. It's a big mistake, living a healthy life can also be a simple thing to do. Healthy physical and mental lifestyle, stimulates good health, helps to improve a person's mood and promotes a better sociable life. There is no reason not to dedicate yourself to a healthy life, which can be done without leaving aside everyday life. On the contrary, it is about adding one thing to another. Healthy Lifestyle: The best lifestyle WHO recommends living a healthy lifestyle from an early age to cope with all the side effects of old age. In this case, we are talking about pain, diseases and all those situations faced by an elderly person. The idea of a healthy lifestyle is to maintain a life and maintain good health. The sooner it is adopted in practice for will benefit it throughout life. However, living a healthy life is not limited to a certain age, you can start at any age. It should be noted that the body is quickly molded to what you want to achieve with it. The sample in the results that are obtained during exercise, diet and any activity becomes a habit. In 2012, he not only promoted alternatives to healthy living in the WHO campaign. He also sought to preserve this way of life in order to achieve the desired goal. A healthy lifestyle allows a person to have balanced health, allows to cultivate self-esteem without being negatively affected. To lead a healthy lifestyle it is important to be consistent as it needs to become routine to get used to the body to fulfill it. If doing so with the necessary permanence will not be such a difficult task to accomplish, on the contrary, every day will be much easier to perform it. Enjoying a healthy lifestyle includes a balanced diet, exercise, personal relationships, good self-esteem. In addition, it involves performing activities that stimulate a person's calmness and reduce stress. Healthy Exercise and Lifestyle Exercise is essential for a healthy lifestyle, according to WHO half an hour a day of exercise to lead this lifestyle will suffice. If a person thinks they don't like exercise, they can try half an hour of walking everyday life. Walking is an exercise that we all do on a daily basis and it can become a very enjoyable exercise. This exercise helps the body eliminate all calories consumed in food and eliminates the overweight that affects a healthy lifestyle so much. Exercise allows cholesterol to be removed from the body and then excluded from it. This does not allow you to get stuck anywhere in the body and thus avoid diseases caused by this type of fat. Another great benefit of exercising is associated with reduced stress, anxiety and depression. Thus, it not only provides physical well-being, but also provides great emotional well-being. And if this were not the case, in many cases, the implementation of this activity stimulates social life. This is because you usually start to have contact with people who also exercise. Thus, personal relationships contribute by allowing for more contact with the rest of the people. When a person performs exercises, they use an important part that much healthier than old age. An elderly person who exercises will have fewer arterial, emotional and colon problems. You will have more energy, better mood, you will be able to maintain your own weight, avoiding joint problems. In addition, you will have other benefits such as greater flexibility when it comes to your daily activities. This reduces heart disease and stimulates better glucose movement, preventing it from becoming a blood sugar level. Eating a part of a good lifestyle lifestyle without a good diet is almost impossible, a healthy lifestyle goes hand in hand with a balanced diet. We all know that consumption of non-internal foods will cause some diseases. Not feeding properly can cause overweight, which is associated with bad cholesterol, heart problems, arterial problems and many others. It can also include a low body weight, which also affects organ function. Thus, a balanced diet will help maintain the right weight for the person. It is recommended that during the day there should be a few small dishes, in which lunch is the strongest dish, and dinner - the easiest. Thus, the body can work metabolizing food optimally. Everyday life should include fruits in abundance, as well as vegetables and vegetables. All of them are rich in vitamins and minerals that stimulate good health. One way to get the benefits of many organic foods is by consuming Green Health. It is a product that consists of a large number of ingredients that stimulate a healthy lifestyle. Squirrels such as beef and a fully lean bird should also be included. Blue fish such as sardines, mackerel, ancho cheese and trout, which provide the omega 3 organism, an excellent trace element that benefits health. Consumption of probiotics such as yogurt, kefir, fermented dairy and fermented vegetables is necessary to remove malignant bacteria from the gastrointestinal tract. Fiber-rich foods such as oats and wheat stimulate the expulsion of bad cholesterol from the body. On the other hand, it is necessary to exclude consumption of foods rich in processed sugars, chemical additives, artificial preservatives. As well as consumption of saturated fats, trans fats and processed. Excess salt, seasoning and spicy, which usually cause damage to the body should be reduced. Tips that can cooperate As a rule, people do not treat a healthy lifestyle to hygiene, it is customary to think that hygiene has to do with hectic. This is something completely wrong, hygiene both personal and in help prevent the presence of certain diseases. This moment also helps people to be accepted by the rest of the people around them, which increases a person's self-esteem. It is important to do activities that help stimulate good emotional balance. It has nothing to do with mental illness, rather it is associated with reduced stress, anxiety and depression. There are many activities that help eliminate this kind of emotional state. If you are a person who loves nature, you can do activities that allow you to connect with them to feel much better. If you like listening to music, you can post the one you like the most to stimulate a good mood. Having contact with other people is essential for a healthy life that in turn will help you have a happy old age. When a person isolates himself from society, his emotional stability can be affected. He may even achieve dementia without realizing it. Reading can be a good alternative for those who like to read, this habit allows you to stimulate intelligence, concentration and stabilize emotions. Enjoying the company of loved ones is an activity that really nourishes the person and makes him feel happy. Anyone who feels loved can enjoy a good lifestyle. Not only the attachment of loved ones helps a person, but also gives love to loved ones. Eliminating toxic habits Did you know that there are many habits that can damage the stability of a healthy lifestyle? Many times, without realizing it, we hold activities or consume substances that cause problems only in our health. Sometimes we do it unconsciously and sometimes without knowing that we are doing it. It is up to us to discover and put aside anything that distracts from life. For example, the use of tobacco, alcohol and drugs is a harmful substance in invasive substances that damage the balance of health. In the case of tobacco, it helps diseases such as lung and throat cancer, affecting the health of the respiratory system. It also changes the stability of the arteries and heart. When drinking alcohol becomes a habit, it can affect a person's consciousness until they reach complete loss of consciousness. Talk about drugs will immediately affect the functions of the nervous system. On the contrary, it is necessary to promote the health of the nervous system and can be achieved with the consumption of green health, which helps to get vitamins that oxygenate the system. Abuse of caffeine, saturated fats, excess sugar also negatively affects a good lifestyle. Produce and changes in the nervous system, so emotional problems may arise. One habit that many people are not being very clear about is the great damage they cause to their body is not hydrating properly. It is recommended to use 8 glasses of water a day to keep the body hydrated. Another habit that causes a lot of harm to the body is a little rest, there are many people who like to be overwhelmed. It is a habit that changes emotional health because it does not allow the nervous system to oxygenate properly. A compound that embraces healthy lifestyle Organic ingredients stimulate overall health, this allows a person to lead a healthy lifestyle. An easy way to achieve this is by consuming Green Health, a product that has many organic ingredients. It contains organic parsley, an ingredient rich in vitamins A and C, both antioxidants that remove oxidation from cells and provide oxygen. You have vitamin K, which works directly on strengthening bones and joints. He is also working on preventing kidney problems. On the other hand, Verde Salud contains organic cauliflower rich in sulfur, a mineral that removes from the root the stem cell that produces cancer, delaying the growth of tumors. This helps prevent heart and artery problems by stimulating the expulsion of bad cholesterol. Green Health is made up of organic peas, another excellent ingredient that helps in the stability of emotional states due to the high content of vitamin B. It is a fiber-rich ingredient, so it helps reduce constipation. Another ingredient that makes up Green Health is organic cabbage, rich in water, potassium, magnesium, vitamins A, C and E. It is an antioxidant ingredient that eliminates the presence of free radicals. This helps the nervous system to strengthen its functions and improve concentration. It also contains organic spinach, which helps stimulate stomach health by reducing the presence of stomach ulcers. It is rich in folic acid, which means that it works directly to protect the brain. It prevents eye disease because it is rich in beta-carotene. The product has many other organic ingredients, making it an excellent choice that works in the health of the body. This will help you have a better and healthier lifestyle. Healthy. copper tube sizes chart pdf

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