HEALTHY LIFESTYLE ..... HAPPY LIFE

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“Health is like money, we never have the idea of its value until we lose it”. Thus as part of the working force of our society we must pay attention to our health and be responsible to keep our body healthy and well.

There many ways of keeping one’s body fit and alive so that longevity of life can fully achieve. Everytime we heard about exercise and diet negative comments and reactions were given and some became scared of giving up their lifestyle.

According to the study almost 35 percent of adults are considered overweight and obese which can lead to serious illness like diabetes, heart ailment and other complications. It is important that early prevention must be provided in order to have longer and happy life.

The first step to have healthy life is to educate oneself on what are the foods are considered the most important to have healthy life. Don’t eat process food too much and whole and fresh foods are better. Choose foods with reduced fat such as dairy products, spreads and salad dressings and reduced slat since too much salt can increase blood pressure and high risk for heart disease and stroke.

If hunger strikes between meals, choose healthy options such as fresh fruits or low calorie yogurts instead of chocolate or crisps. And drink water instead of any
carbonated drinks so everyday 8-10 glasses of water a day is the best. And the best way is to think about how you eat, it would be best if we eat meals in the table and it will help to focus on the amount of food being ate and don’t eat while walking.

Walking everyday is also a way of achieving healthy body wherein around 10,000 steps which equates 60-90 minutes of walking can help us to become fit. Get enough sleep for at least 8-10 hours and wake up in a regular time.

And finally always be happy..... happiness creates healthiness especially for mental health. Remember to keep your self healthy because “health is wealth”.

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