

TOP 7 TIPS FOR HEALTHY LIVING

INTRODUCTION

Healthy living is best described as making choices that will result in a healthy body and mind. Being healthy means not being sick, which can be achieved by maintaining a healthy **lifestyle** through eating a healthy diet and exercising. The body also needs nutrients to function correctly. Below are some tips that can help one achieve healthy living.

1. Nutrition

Having a healthy diet is vital for good health and nutrition. It is essential for helping to protect you against chronic non-communicable diseases such as cancer, diabetes, and heart diseases. Other essentials for a healthy diet include eating various foods and consuming less salt, sugars, and industrially-produced trans-fats.

Controlling the portions of food you take is also very important, and this doesn't mean that you need to eat tiny amounts or measure precisely the number of peas on your plate. If you overeat, you may need to retrain your brain to see a smaller portion satisfying enough. It can be achieved through various ways, such as using a smaller plate, measuring cups, checking food labels, and asking for less.



2. Physical activity

Everyone benefits from physical exercise regardless of age, physical ability, or sex. Regular exercise and physical activity have a lot of health benefits and lead to a happier life in various ways. Firstly, it helps control weight by preventing excess weight gain and keeping off lost weight. Taking part in physical activity helps the body to burn calories. Going to the gym is a great idea, and it would be even better if you made it a regular activity. But even if finding a lot of time to exercise daily is a problem, worry less because any amount of physical activity is better than none.

Physical activity is also essential in helping to combat health conditions and diseases. Being active aids in boosting high-density lipoprotein cholesterol and decreases unhealthy triglycerides. Regular exercise helps in preventing and managing various health problems and concerning incl, including stroke, metabolic syndrome, high blood pressure, type 2 diabetes,

and even depression and anxiety. Moreover, physical exercise helps you get better sleep and fall asleep faster. If you are struggling to fall asleep, regular physical activity is a solution, but do not exercise too close to bedtime, or this may lead to you being too energized to sleep.

3. Hydration

Drinking water daily is essential for your health because it helps prevent **dehydration**, which may lead to unclear thinking, mood change, overheating of the body, constipation, and kidney stones. Water can help manage body weight and reduce calorie intake when substituted for drinks with calories, such as soda because water has no calories. Various tips can help you drink more water, which includes carrying a water bottle and refilling it with water throughout the day, choosing to take water over sugary drinks, serving water during meals, and adding a wedge of lime or lemon in your water, which helps to improve its taste.



4. Sleep

Good sleep is essential for good health, just like exercise and diet. The modern pace of life can sometimes lead you to get a limited time of sleep. Not getting enough sleep leads to you being at risk of getting many diseases and disorders ranging from heart disease and stroke to dementia and obesity. Some people may have conditions that prevent them from getting enough sleep, which are called **disorders**.

The most common one is insomnia when you have consistent difficulty getting to or staying asleep. It happens despite you having the time to sleep and a proper sleep environment, and this can make you feel unrested or tired during the day. Another common sleep disorder is sleep apnea, which occurs when the upper airways become blocked during sleep. It reduces or stops airflow, which causes people to wake up during the night.

This condition can be dangerous if left untreated and may even lead to other health problems. It is advisable to talk with your healthcare provider if you regularly have sleeping problems. The health care provider may advise you to run tests, including sleep studies, and also advise you to keep a sleep diary to help you track your sleep for several weeks.

5. Regular checkups

Regular health checkups are essential to keep yourself healthy and can be done at periodic intervals. It helps you avoid a vast number of diseases and catch other diseases earlier on. It helps you have a healthier life by keeping you better advised about your health and keeping the physician apprised of your health.

Going for regular health checkups has a wide range of benefits, such as helping you identify **stress-related** diseases. In contrast, a regular whole-body checkup will help your doctor diagnose such issues, allow you to discuss them, and get the treatment you need.

Having **periodic health checkups** will also help you to be more aware of your health, which many people take for granted because most people rarely visit the hospital until they are sick and need treatment.

Having yearly health checkups can also help you identify blood test results. Taking blood tests can help screen out potential diseases. Most people know the symptoms of a common cold or fever since these usually have physical symptoms. While these may be symptoms of more minor diseases, you may suffer from something worse, which can worsen without getting a checkup. For this reason, doctors ask for blood tests essential for any yearly checkup package, though the exact tests may differ depending on your lifestyle and age.



6. Avoidance of harmful substances

A harmful substance is anything that can cause adverse health effects. The use of harmful substances, especially the common ones like tobacco and alcohol, increases the risk of chronic illnesses and death, and many people do not realize that consuming these substances endangers their health. It is, therefore, essential to raise awareness of these substances' harmful effects and provide resources that help reduce the adverse outcomes.

Smoking can affect every single part of your body, and some of the risks associated with it are a high rate of death and mortality, heart disease, stroke, respiratory diseases, and cancer.

7. Stress management

Stress is a state of mental tension or worry, and a problematic situation causes that. It is a natural human response that prompts us to address the threats and challenges in our lives. Everyone experiences stress to some degree, and how we respond to it makes a big difference in our overall wellbeing. However, a little bit of stress is good and can help us perform daily activities, but too much of it can also cause physical and [mental health](#) problems. It affects both the mind and the body, and learning how to cope with stress helps you feel less overwhelmed and supports your mental and physical wellbeing.

Stress makes it hard for you to concentrate and relax and can also come with various emotions, such as anxiety and irritability. It also comes with headaches, upset stomach, other body pains, and trouble sleeping. You may also lose your appetite or eat more than usual. Stress can be managed by connecting with others, keeping a daily routine, getting plenty of sleep, eating healthy, and exercising regularly.

CONCLUSION

Healthy living can be achieved through maintaining a healthy lifestyle. Some of the tips that can help you achieve this include considering a healthy diet and checking on your nutrition, having regular exercises and physical activity that keeps your body active, avoiding harmful substances such as drugs which cause harm to your health, drinking enough water to avoid dehydration and managing stress well which can help contribute to your overall wellbeing.

REFERENCES

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