

Editorial note on staying healthy

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EDITORIAL

Maintaining health is no coincidence. It takes work, smart lifestyle choices, and the occasional exam and testing. A healthy diet is high in fiber, whole grains, fresh fruits and vegetables, “good” or unsaturated fats, and omega-3 fatty acids. These foods reduce inflammation that can damage tissues, joints, artery walls, and blood vessels.

Other processed foods are another Element of a healthy diet. Sweets, foods with highly refined grains, and sugary drinks can cause blood sugar spikes that can lead to premature hunger levels. Type 2 diabetes, breast and colon cancer, depression and falls. Physical activity improves sleep, and even endurance sex.

Finally, build a good relationship with a family doctor: if something happens to your health, a doctor you know and who knows will be best able to help you. Regular exercise, every day if possible, is the most important thing you can do for your health. In the short term, exercise helps control appetite, improve mood, and improve sleep.

Risk of heart disease, stroke, diabetes, dementia, depression, and many cancers arises due to the unhealthy habits and unhealthy life style. It's okay to break your workout up into smaller workouts, as long as each one lasts at least 10 minutes. Strength training that trains all major muscle groups (legs, hips, back, stomach, chest, shoulders, and arms) for at least two days a week.

Strength training may include lifting weights, using resistance bands, or exercises such as push-ups and sit-ups where your body weight provides the

resistance submit weight training it is a good idea to discuss your exercise plan with your doctor.

For children at least 60 minutes of exercise is must. Daily physical activity that should be primarily devoted to aerobic exercise Children should do vigorous exercise and weight training such as push-ups or gymnastics at least three days a week. Climbing is one of the best workouts for improving balance, resilience and fall prevention.

Your ability to climb stairs is one of the great indicators of health. It's often used to measure your mobility and endurance, fitness after an injury, and whether it's safe to resume sexual intercourse after a heart attack. “Climbing stairs is generally an excellent form of exercise for older adults as it challenges several muscle groups at the same time, such as the therapist. “If you can safely and effectively climb and descend stairs, you can stay more active in life.

Consult your doctor before starting any stair climbing program, especially if you have had heart problems, orthopedic conditions, or balance or mobility problems. Familiarize yourself with the stair climbing movement by practicing step-ups (see “Taking Small Steps”). When you're ready, here are three sample exercises to try on a gym stair climbing machine or a hand railed floor or house staircase.

Before you start climbing stairs, first practice with step-up exercises, here you go up and down with just one step, either on a real step or with what is known as a step-up platform (these platforms are wider and deeper than typical steps). For easier use and you can adjust the height. They're common in most gyms but can be bought online or at sports stores.

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