

How to live a healthy lifestyle

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Well-being and health is an important choice in life as maintaining a healthy life style is a great way to deal with health issues. A healthy lifestyle is more than just exercising and diet, but it requires moderation. Balance and moderation can help a person for accomplishing and healthy. The health

of a person matters in what the individual consumes and the working of a person should not be inactive living without exercise. It is not possible to prevent all diseases but some illness can be prevented such as heart disease and cancer of the lungs.

KeyWords: Health; Well-being; Lifestyle; Fitness; Physical health

INTRODUCTION

Physical fitness is not the sole basis of being healthy; being healthy means being mentally and emotionally fit. Being healthy should be part of your overall lifestyle. Living a healthy lifestyle can help prevent chronic diseases and long-term illnesses. Feeling good about yourself and taking care of your health are important for your self-esteem and self-image. Maintain a healthy lifestyle by doing what is right for your body. This essay will discuss the values of health and fitness and the problems regarding a healthy lifestyle [1]. We are going to examine how the health practitioners guide for improving the health and wellbeing of a person. It will be also seen in this essay exercise, nutrition and minimizing the use of alcohol and how it is linked to living a healthy lifestyle.

PRINCIPLES OF HEALTH AND FITNESS AND THE ISSUES AND AGENDAS CONCERNING A HEALTHY LIFESTYLE

The basic principle of health comprises of a healthy diet, abstaining from smoking, using alcohol, eating too much, taking regular exercise, taking proper rest, and thinking positively. However, the main three components of health are linked to physical, psychological and social [2]. A person is considered to be healthy if all the parts and organs of the body, cells and tissues function properly. However, health is not only limited to biological integrity and the physical functioning of the body, but mental health is also considered to be an important aspect of health. Some people may be noticed that they are not able to maintain a good relationship with people in their surroundings. The social component of health is the ability of the person in making proper and acceptable interaction for communicating with other people. There are five principles of fitness which helps it develop changes in a safe and lasting way. The five principles are:

The principle of overload

The overload principle is considered to be the most essential concept in exercise. Simply, an individual's body will adjust to the demands that have been imposed on it. For instance, if a person does aerobics, there may be physiological changes which will take place in the body and the stamina will increase if aerobics are done by the person [3].

Frequency, intensity, time and type

The acronym stands for "Frequency, intensity, time and type; these four are focused on the workload. Frequency is associated with repairing the body tissues while engaging in a fitness program. Therefore, frequency allows the health care practitioner for finding the right balance of workout and the recovery process so that the body is not stressed out in the next session. Intensity signifies the amount of effort or completed work performed in a particular exercise. Time indicates the duration of the workout session. Type

denotes, which kind of workout is taken like strength workouts, cardio or both [4].

The principle of specificity

Specificity indicates that the workout is done according to the goals. For instance, if the goal of the exercise is just for maintaining good health, then it is recommended by health practitioners to start a cardio and healthy diet routine. If the person wants to be a marathon runner or cyclist, then the focus is on building long-distance training and endurance pace.

The principle of rest and recovery

The body is built to protect itself in case of too much stress, and the symptoms are shown in the form of burnout and excess fatigue. Following a workout plan is fine but not the same workout with the same intensity. With training strength, especially it is important to allow the body to rest so that it can repair muscles to repair. A kind of low-intensity cardio can be followed every day for rest and recovery [5].

The principle of losing it or use it

As the phrase suggests that reversibility takes place in a person's flexibility when any program of exercising is stopped. In simple terms, it means that the muscles build strength when used (hypertrophy) and when not used (atrophy) takes place. The issues concerning a healthy lifestyle are problems such as metabolic illness, skeletal problems, diseases of the heart, and obesity [6]. The issues in following a healthy lifestyle are eating and physical activity. The issues range from infectious diseases whether biological or chemical and the central government must tackle the problem, like different diseases such as cardiovascular, diabetes and psychological issues such as depression and anxiety. Department of health faces other issues such as helping the individual to cope with behavioral and physical health by avoiding alcohol.

The contribution of diet makes a significant agenda in health care to set the priorities for the role of nutrition needs. In promoting health, upgrading health has a chief role in playing the complete agenda. The agenda highlights wellbeing as the component for all the elements taking place for the development of a sustainable future. Agenda in health care aims for safeguarding peoples health and boost up their lives [7].

PRACTICAL GUIDELINES DEVELOPED BY PRACTITIONERS TO IMPROVE THE HEALTH AND WELL-BEING OF BOTH INDIVIDUALS

Physical activity is one of the most important factors that people of any age can take for improving their health. Health care practitioners suggest that good health means that the person is physically and mentally sound if the person encounters the demands of environment, health care practitioners

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are also in the point of view that the person possessing good health and wellbeing can be able to enjoy his/her life [8]. Practical guidelines have been developed by practitioner for improving health and wellbeing of a person by recommending daily exercise at least for half an hour, and the person must take off his/her diet and eat a balanced and health food at proper times in the right quantity. Further, the practitioners have suggested proper sleeping to have an impact on the mind and body the person is also acclaimed to rise early in the morning. Health care and fitness practitioners have set a few guidelines which are included in the physical activity for every category of individual [9].

Preschool-aged children

Children aged three to five should stay active throughout the day to boost up growth and development. Adults should encourage an active part in a child's activity which shall include different types of activists outdoor [10].

Adolescents and children's

Young people should be provided with opportunities and encouraging atmosphere for participating in physical activities which are suitable according to their age. Adolescents and children aged six and seventeen are recommended for at least one hour of exercise daily which follows as doing half an hour aerobic to vigorous-intensity physical activity at least three days a week. As part of the exercising schedule, adolescents are supposed to focus on muscle and strength training which will be added benefit to bone strengthening [11].

Adult's guidelines

Adults are recommended by practitioners that they should keep themselves active by moving instead of sitting. Practitioners are in the view that some physical activity is better than none. Health benefits for adults have been suggested at least 150 minutes or 2:30 hours in a week or at least 300 minutes or five hours walking in a week [12].

EXERCISE, NUTRITION AND ALCOHOL REDUCTION

Exercise and nutrition are the two basic things for taking care of the body in a proper way. If Exercise and nutrition are maintained, it will help in the growth of a person physically, mentally and spiritually as the person will have more energy to follow challenging tasks of the day. Exercise helps the body by controlling weight and losing it if it is in excess by burning fat. By keeping a healthy diet, nutrition can help improve a person's health. Health-related issues with regards to alcohol consumption do not show up immediately. However, it has been seen [13]. That minimizing alcohol reduces the risk of developing serious health issues like cancer, extremely low blood pressure, and heart problems.

IDENTIFYING THE PERCEIVED BENEFITS OF LIVING A HEALTHY LIFESTYLE

The benefits of living a healthy lifestyle can help prevent chronic diseases and helps in feeling good about the person following a healthy lifestyle for building the self-esteem and self-image of the person. By identifying and predicting element which a person's faces are a way to be considered in preventing programs in different communities. The benefits of living a healthy lifestyle can also impact the life of a person and reducing certain illness and life-threatening diseases like cancer, diabetes, heart diseases etc., by being healthy a person can feel good about his/her self [14].

CONCLUSION

In conclusion, we have discussed the importance of health and wellbeing of a person, and why is a maintaining healthy lifestyle important. A healthy lifestyle is not only about working out and taking care of nutrition, but there are other factors like eliminating or reducing alcohol consumption. There is much illness that cannot be prevented such as flu or headache, but at the same time, there are diseases which we can prevent such as cancer and heart diseases by following a healthy lifestyle. We have also shown guideline by practitioners for following a life of wellbeing.

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