

Public awareness on healthy lifestyle

Jennifer Horton*

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ABOUT THE STUDY

A healthy life-style may be understood as a way of living that lowers the risk of getting serious illness or death early. Nowadays, there are numerous applications that may be used to help a person to live healthy lifestyles which include food trackers and exercise trackers. In today's world, to live healthy lifestyles is simple for every person as everything is at their fingertip. However, if they're not certain on how to begin even with the help of internet and applications in their gadgets, they could make an appointment with their doctor. By practicing general right health suggestions prescribed by the doctor, they could begin to live healthier lifestyles. There are distinctive ways to maintain a healthy lifestyle; each has to follow the simple activities to maintain one's life healthy and happy. Advantages of healthy lifestyle: Leading a healthy lifestyle can assist avoid people from getting extreme illnesses. Healthy lifestyle choices which include eating a prudent diet, exercising regularly, and not smoking may drastically lessen coronary heart disease (CHD) risk or any other chronic diseases. For example, the recommended daily sugar consumption isn't greater than 10 teaspoons, or 200Kcal, and if people take more than that, it may cause them to have 1kg of weight gain in just one-and-a-1/2 of months. When people start to workout, it'll increase their insulin sensitivity and improve their blood glucose control. This is crucial particularly to those with diabetes disease and obesity. Apart from that, physical activities also can assist to lower their blood pressure. When people begin to exercise regularly, it may help them to release their stress level and to strengthen to their body immunity. The combination of healthy life-style can help to lower chance of coronary heart disease, diabetes, and total cardiovascular disorder. Last but not least, living a healthy life-style also can help people to lose weight and to improve their overall well-being. Ways to have a healthy life-style People ought to develop a healthy life-style to have a longer and healthier life. Healthy living will make them to be fit, active and reduce risk from getting chronic diseases. There are numerous recommendations for healthy living such as consume a well-

balanced and healthful meal, do exercise every day and have good enough sleep. Furthermore, people have to control their stress in positive ways such as by listening to music, exercise and eat nutritious food instead of smoking or drinking alcohol as it may have an effect on the major organ systems of their body. Healthy eating: The most important step for a person to have a healthful life-style is by looking after his or her food consumption. An individual ought to consume 3 meals a day that are breakfast, lunch, and dinner, and he or she ought to control the size of the meal each time he or she wants to eat and should avoid eating in a larger portion for dinner. Besides, they have to eat more fruits, vegetables, whole grains and fats-free or low-fats products and they should additionally pick out lean meats, poultry, fish, beans, eggs, and nuts as it may lower the cholesterol level and saturated fats in their body. Next, it's also important to eat products which have low amounts of saturated fats, trans fats, cholesterol, salt (sodium), and added sugars. Exercise regularly: Another major contributor to a healthy life-style is to do physical activity or exercise. Exercises which include swimming, yoga, pilates, jogging, aerobics and others are good for the body and mind. People who aren't used to exercise have to remember to stretch all of their body parts before they do intense physical activities so they'll not get hurt during the activity. It is also recommended to have breakfast before exercising in order that their body has enough energy to work out. It is recommended that a person can begin workout from 30 to 60 minutes for three times every week to stay healthily. People have to make time and motivate themselves to work-out as it may help them to relax and ease their mind. Moreover, physical activities can help to improve a person's body strength, stability and flexibility. It also can help to increase self-esteem and self-confidence, decrease stress and anxiety, enhance mood, and improve general mental health .It also can assist control weight gain and lose fats. Most importantly, everyday exercise can help people to lessen the risks of getting coronary heart disease, stroke, diabetes, obesity, and high blood pressure.

Department of Communication & Media Studies, University Technology MARA Melaka, Malacca, Malaysia

Correspondence: Jennifer Horton, Department of Communication & Media Studies, University Technology MARA Melaka, Malacca, Malaysia, Email: horton@jenni.edu.my

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