

MAGDA KOWALSKA 2TEP/TZ pp

HEALTHY LIFESTYLE



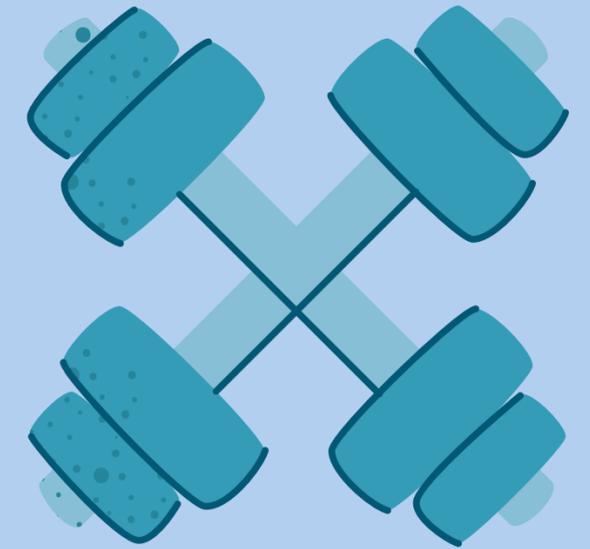


DEFINITION OF A HEALTHY LIFESTYLE

The World Health Organisation in 1946 defined health as ‘A complete state of mental, physical and social well-being not merely the absence of disease’.

Wikipedia defines a lifestyle as the way a person lives. This includes patterns of social relations, consumption, entertainment, and dress. A lifestyle typically also reflects an individual’s attitudes, values or worldview. A healthy lifestyle is generally characterized as a “balanced life” in which one makes “wise choices”.

WORLD HEALTH DAY



World Health Day 2021, like every year, is celebrated on April 7 (Tuesday) this time around. The global event is celebrated to raise awareness about public health and similar issues, which are a challenge for the world. The tagline for World Health Day is Support nurses and midwives. To mark the occasion, you can send wishes, greetings, messages and quotes to family and friends as well as to the brave-hearts on the frontline of the coronavirus fight.



HEALTHY LIVING IS ABOUT TAKING RESPONSIBILITY FOR YOUR DECISIONS AND MAKING SMART HEALTH CHOICES FOR TODAY AND FOR THE FUTURE. SO HEALTHY LIVING WOULD CONSIST OF:

Physical (For The Body)

- Good Nutrition, Eating Right
- Getting Physically Fit, Beneficial Exercise
- Adequate Rest
- Proper Stress Management

You Also Need to Give and Receive

- Forgiveness
- Love and Compassion
- You Need to Laugh and Experience Happiness
- You Need Joyful Relationships With Yourself and Others

Emotional Wellness (For The Mind)

- Self-Supportive Attitudes
- Positive Thoughts and Viewpoints
- Positive Self-Image

Spiritual Wellness

- Inner Calmness
- Openness to Your Creativity
- Trust in Your Inner Knowing

HEALTHY LIFESTYLES COMPRISE OF:

Healthy eating-Eating food that are nutritional and good for the body like fresh fruits and vegetables, low fat diets, unrefined carbohydrates, etc.

Health and Fitness-Regular exercise is an important part of a healthy lifestyle. Aerobic exercise is good for your heart and your body.

Managing stress efficiently is a critical part of a healthy lifestyle. Failure to manage stress effectively can harm your body and affect your relationship with others.

Alternative health options like herbal medicine, massage therapy, meditation, reflexology, aromatherapy, etc, can benefit you and help you have a healthier lifestyle.

Sleeping right, having a positive outlook about life and having a balanced life are also the necessary components of a healthy lifestyle.

You cannot have a healthy lifestyle if you are depress and unhappy.

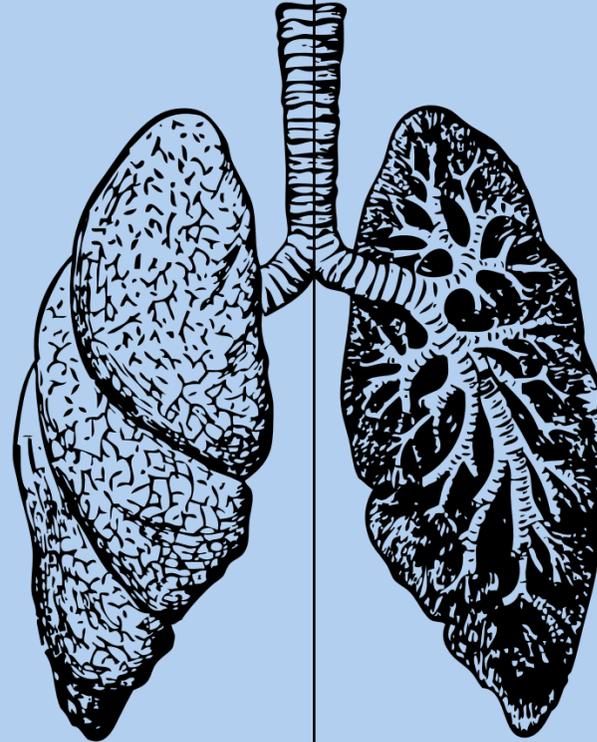


EXERCISE

To maintain good health and well-being.

Good exercise habits:

- walk
- use a bicycle
- swim
- walk up steps instead of elevator
- stretch or do simple flexibility exercises
- get involved in games, tournaments etc



HOW MUCH EXERCISE?

- Ideally 20-30 minutes about 4 to 5 times a week
- Establish a moderate exercise routine
- Make it pleasant not just to lose weight
- Do not over do it

HEALTHY DIET

Food and water are needed to survive, provide energy, growth, repair and good health. Food also provides nutrients such as:

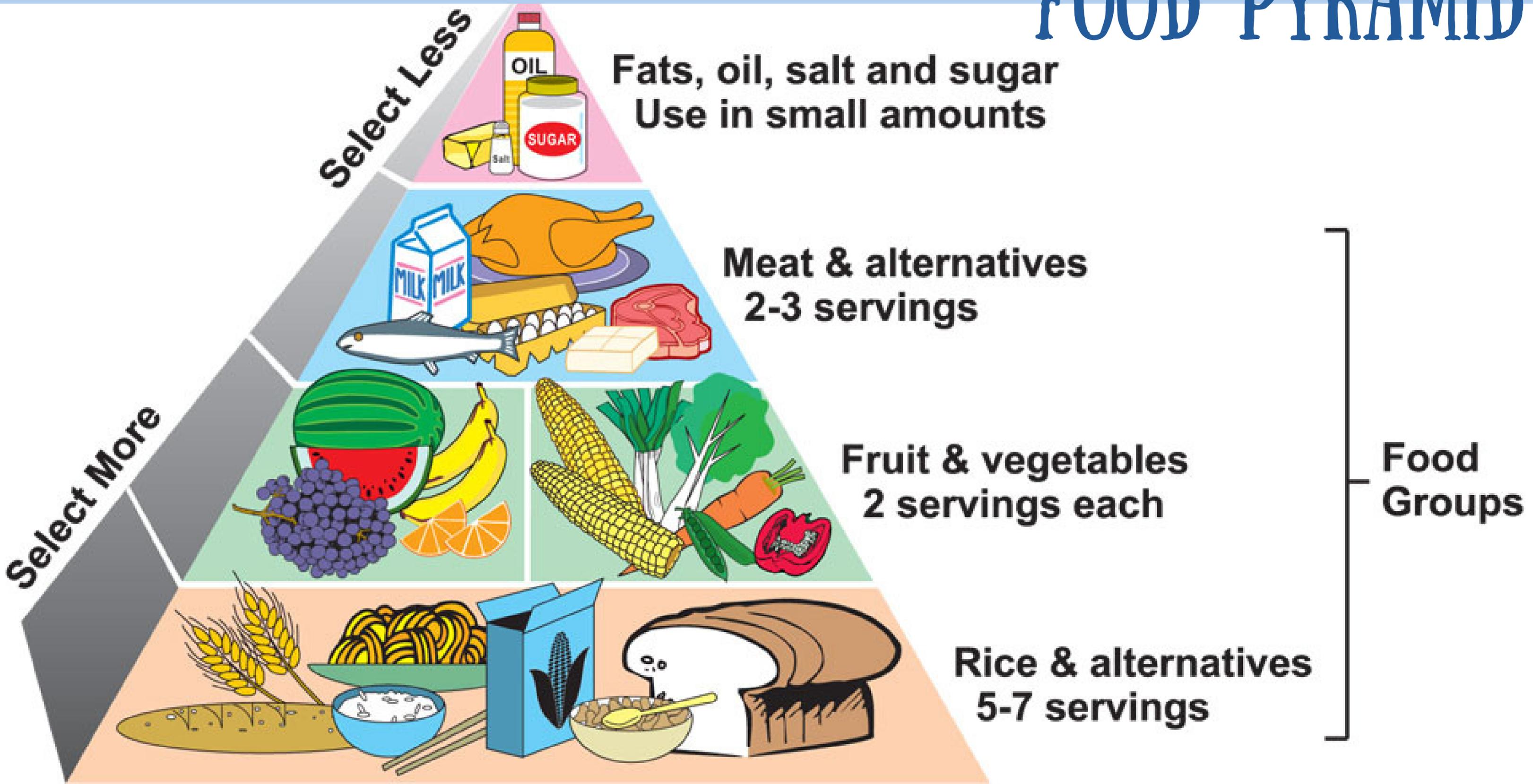
- Carbohydrates
- Fats
- Proteins
- Vitamins
- Minerals

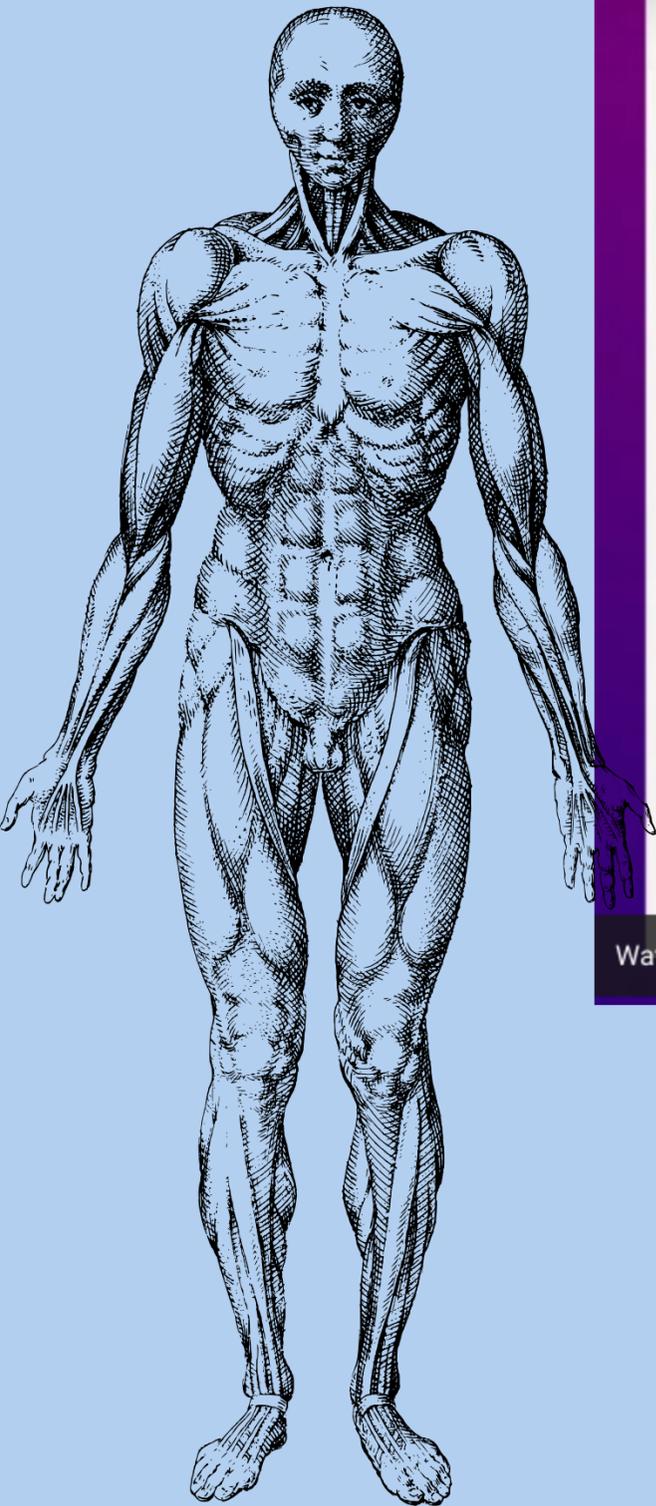


ENERGY

Energy is needed at all times and is provided through the food we eat

FOOD PYRAMID





World Health Day 2020 Wishes: WhatsApp Messages, Images and Greetings to Share With Family & Friends

Watch later Share

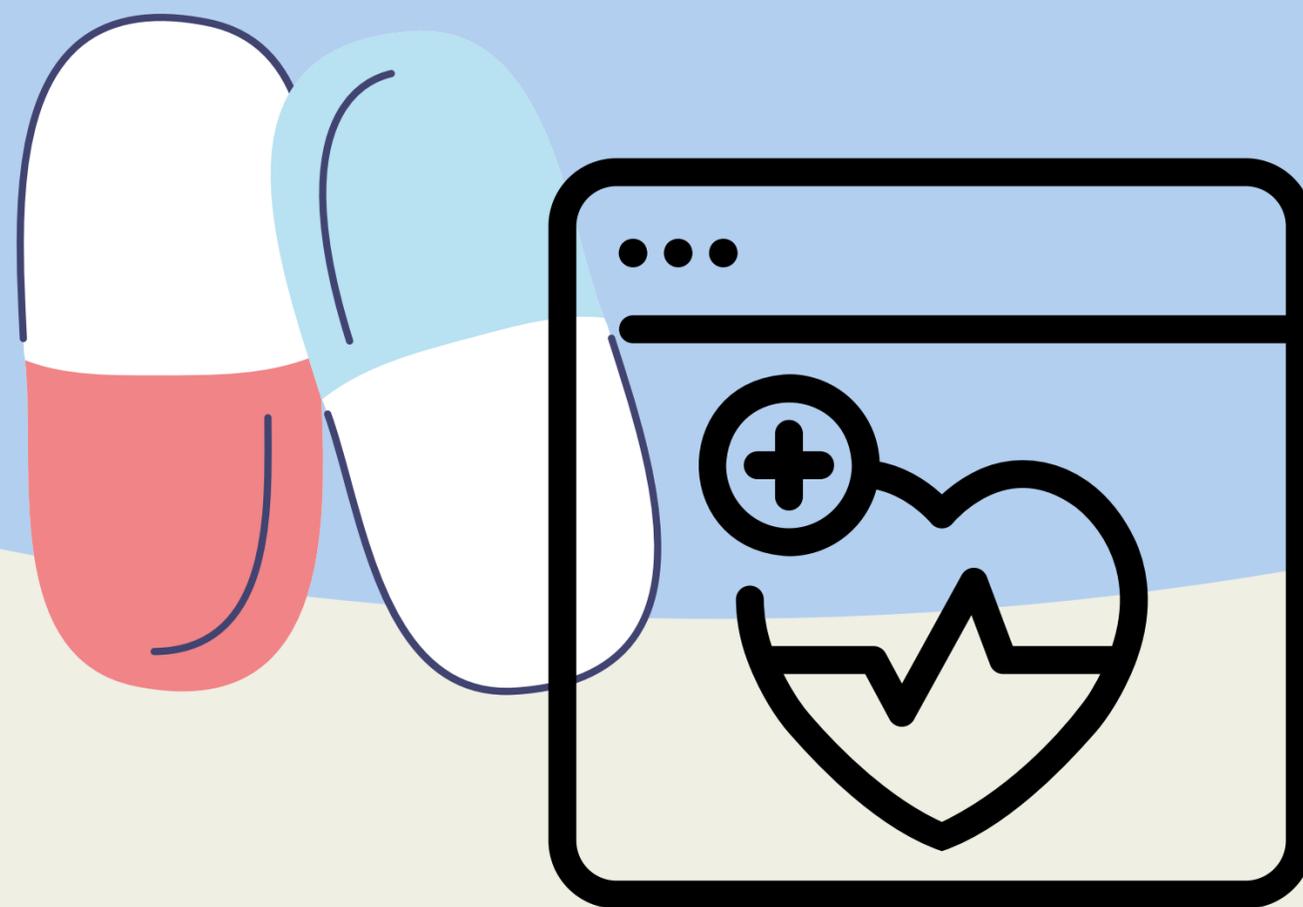
Happy World Health Day

HAPPY WORLD HEALTH DAY 2020

Watch on YouTube

A YouTube video player interface. The background of the video is a close-up of two hands holding a bright red heart. The text "Happy World Health Day" is overlaid in a large, red, cursive font. Below it, a dark blue banner contains the text "HAPPY WORLD HEALTH DAY 2020" in white, bold, sans-serif font. At the bottom left, there is a "Watch on YouTube" button. At the top left, there is a "LATEST" logo and the video title. At the top right, there are "Watch later" and "Share" buttons. A play button icon is centered over the video.

MY HEALTHY LIFESTYLE



I TRY TO LEAD A HEALTHY LIFE. THAT'S WHY I TRY DO:

Every day I eat fresh fruits.

Do some sport every day.

Drink 2 liters of water.

I eat five meals a day.

Sleep 8 hours.

Don't eat sweets.

Go for long walks.

Limit the use of the phone.

listen to podcast,something motivational.

Think positive.

