



# HEALTHY LIFE STYLE





# What is healthy lifestyle?

- Healthy lifestyle is basically a term, which means adopting all the healthcare activity in your daily life. In order to become habitual of it.
- Being healthy means following a healthy diet, regular workout and other healthcare activity.
- A healthy balance diet includes daily consumption of at least a small portion of the all six major food groups.
- A person should exercise at least thrice in a week to keep the body fit and healthy.

# Why healthy lifestyle ?

- Healthy lifestyle is the only way to avoid the chances of any chronic diseases like(cancer, diabetes and heart disease).
- And if you are already suffering from any unremitting disease then it will help you to reduce the risk of that disease.
- The true face of this life is each time what you eat will make an impact on your health, either good or bad.
- The choices we make today will be responsible to moderate our future.

# Steps to Healthy Lifestyle

GET ACTIVE FOR AN HOUR OR MORE  
EACH DAY

1. YOGA
2. BRISK WALKING
3. EXERCISE



# CHOOSE WATER AS A DRINK

1. KEEP YOUR BODY HYDRATED
2. DRINK WATER/FRESH FRUIT JUICES
3. AVOID SOFT DRINKS/AERATED DRINKS



# EAT MORE FRUITS AND VEGETABLES

- Fruit and vegetables are a **good source of vitamins and minerals, including folate, vitamin C and potassium**. They're an excellent source of dietary fibre, which can help to maintain a healthy gut and prevent constipation and other digestion problems. A diet high in fibre can also reduce your risk of bowel cancer

# AVOID SNACKS AND PROCESSED FOOD

- Such food leads to **obesity, insulin resistance, type 2 diabetes, and various cardiovascular conditions.** This is because most processed and fast food is high in sugar, salt, saturated fat, trans fats, processed ingredients, and calories. It is also generally low in antioxidants, fiber, and many other nutrients.



# LONG TERM HEALTHY LIFE STYLE

1. Delicious and satisfying low fat balanced food. Eat in small amount and in moderation.
2. Stress-free living
3. Spending time with family and friends
4. Keeping active irrespective of age
5. Avoid too much use of electronic gadgets
6. Avoid smoking and alcohol