

HEALTHY LIFESTYLE

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Stay Active.

Eat Well.

Relax.

Live Long.



HealthAnge.com



Healthy



Lifestyles

WHAT IS HEALTHY LIFESTYLE ?

- Healthy Lifestyle is fundamentally a term which means adopting all the healthcare activity in your day to day life in order to become habituated to it.
- Living healthy means following a healthy diet, regular workout and other healthcare activity.
- A healthy balanced diet includes daily consumption of at least small amount of five main food groups -fruit and vegetables, whole grains, protein, fat & sugar and diary.
- A person must consider exercising at least thrice in a week to keep the body fit and healthy.



HEALTHY
YOU

The logo features the words "HEALTHY" and "YOU" stacked vertically in a bold, orange, sans-serif font. The letter "O" in "YOU" is replaced by a stylized heart shape with a green outline and a small green stem at the top. The entire logo is framed by two horizontal green lines, one above "HEALTHY" and one below "YOU".

WHY HEALTHY LIFESTYLE?

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



HEALTHY LIVING



Healthy Living

For A Better You

WAYS TO LIVE A HEALTHY LIFESTYLE

- Exercising the heart through cardiovascular exercises
- Involve with family
- Play sports
- Control weight
- Avoid processed foods
- Control cravings
- Get enough sleep
- Manage stress



BE PHYSICALLY ACTIVE EACH DAY

- Adults require 30-60 minutes of everyday activity each day
- Everyday activity is one which requires as much as walking 2 miles in 30 minutes

be active.



BMI FOR DIFFERENT BODY WEIGHTS

- less than 18.5
- 18.5-24.9
- 25-29.9
- 30 and above

under weight
normal
over weight
obese



NEW GUIDELINES

- Vegetables and fruits should form the major part of the portion in the plate
- one fourth should be whole grains
- one fourth should be protein
- include dairy products

Food amounts of a person should be based on gender, age and amount of physical activity



GETTING ENOUGH SLEEP

- it is essential for learning process and brain functioning.
- important for good health
- lack of sleep causes- difficulties with memory and learning
- increased irritability
- accidents
- illness



GETTING ENOUGH SLEEP (CONT..)

- lack of energy
- stress
- weight gain
- rapid aging

So stay up late and :- be tired , sick, depressed and irritable, risk an accident.

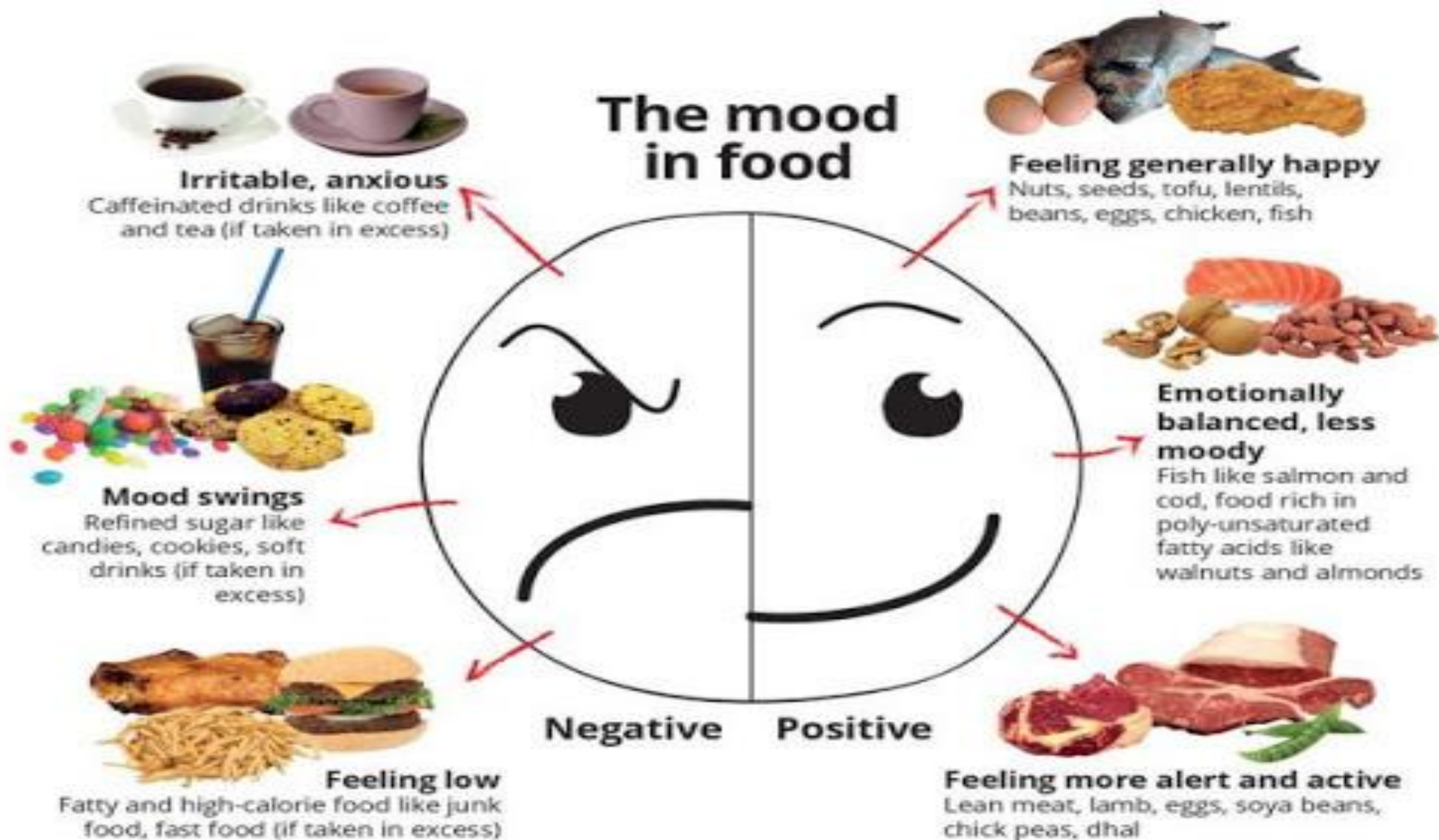


ACTIONS TO MANAGE STRESS

- Concentrate on the efforts which would help solve the problem
- Do what needs to be done, one step at a time
- learn to relax
- Organizing things
- learn to say "no"
- cultivate friends



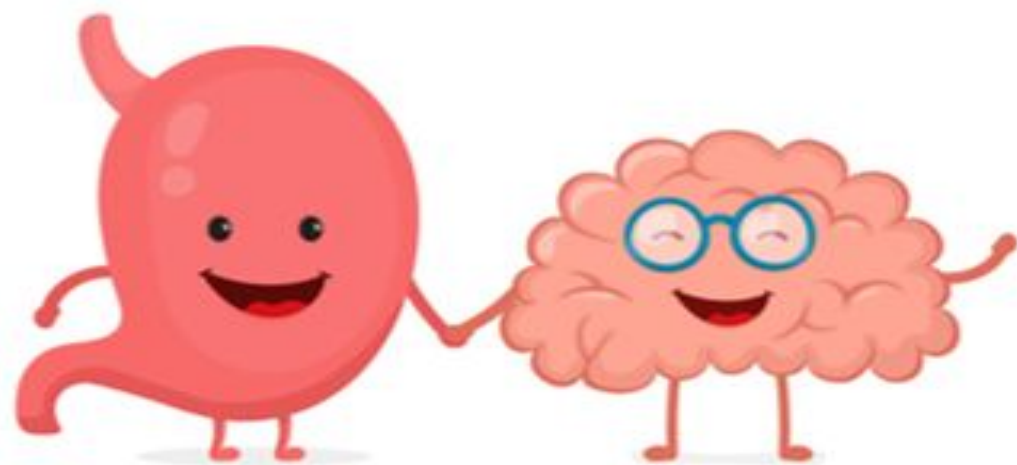
The mood in food





“Perhaps the most intimate relationship each of us will ever have is not with any fellow member of our own human species. Instead, it is between our bodies and our food.”

Scientific American, September 2013



THE IRON YOU®



Our relationship with **food** is reflective of our relationship with **life**.

Love
yourself
enough
to live
a healthy
lifestyle.

- Reference:

- <https://www.slideserve.com/HealthAnge/healthy-lifestyle>

THANK YOU !