

Healthy



Living

# How you keep your healthy life?

- ◎ EXERCISE
- ◎ LET`S GET STARTED
- ◎ WHAT ARE THE BENEFITS OF EXERCISING?
- ◎ HEALTHY EATING
- ◎ STRESS
- ◎ HAVE YOU GOT BAD HABITS?



# Exercise



- ◎ *There is increasing prevalence of obesity, cardiovascular disease, diabetes and some cancers in this country due to poor physical health.*
- ◎ *Establishing a healthy lifestyle is your primary and best prevention against many of these conditions.*

# Let's get started



- Experts say just 30 minutes of activity three to four days per week will help you stay healthier

# Exercise every day

- Exercise will make you feel better, improve your health and help you perform at your best every day



# What are the benefits of exercising?

- Here are just a few:
  - † Capacity of lungs increases.
  - † Heart muscle grows stronger.
  - † Promotes strong and healthy bones.
  - † Increases intellectual capacity and productivity.
  - † Antidote for emotional disturbances - a.k.a. stress.
  - † Realistic way to lose weight.



# How do I do this?



- ◉ There are many ways to exercise every day without going to the gym or to a fitness club. Here a few:
- ◉ Park farther away from work, the grocery store, the shopping mall
- ◉ Take your dog for a 20-30 minute walk every other day.
- ◉ Add exercise into your weekend plans.
- ◉ Turn your store or coffee break into a walking break

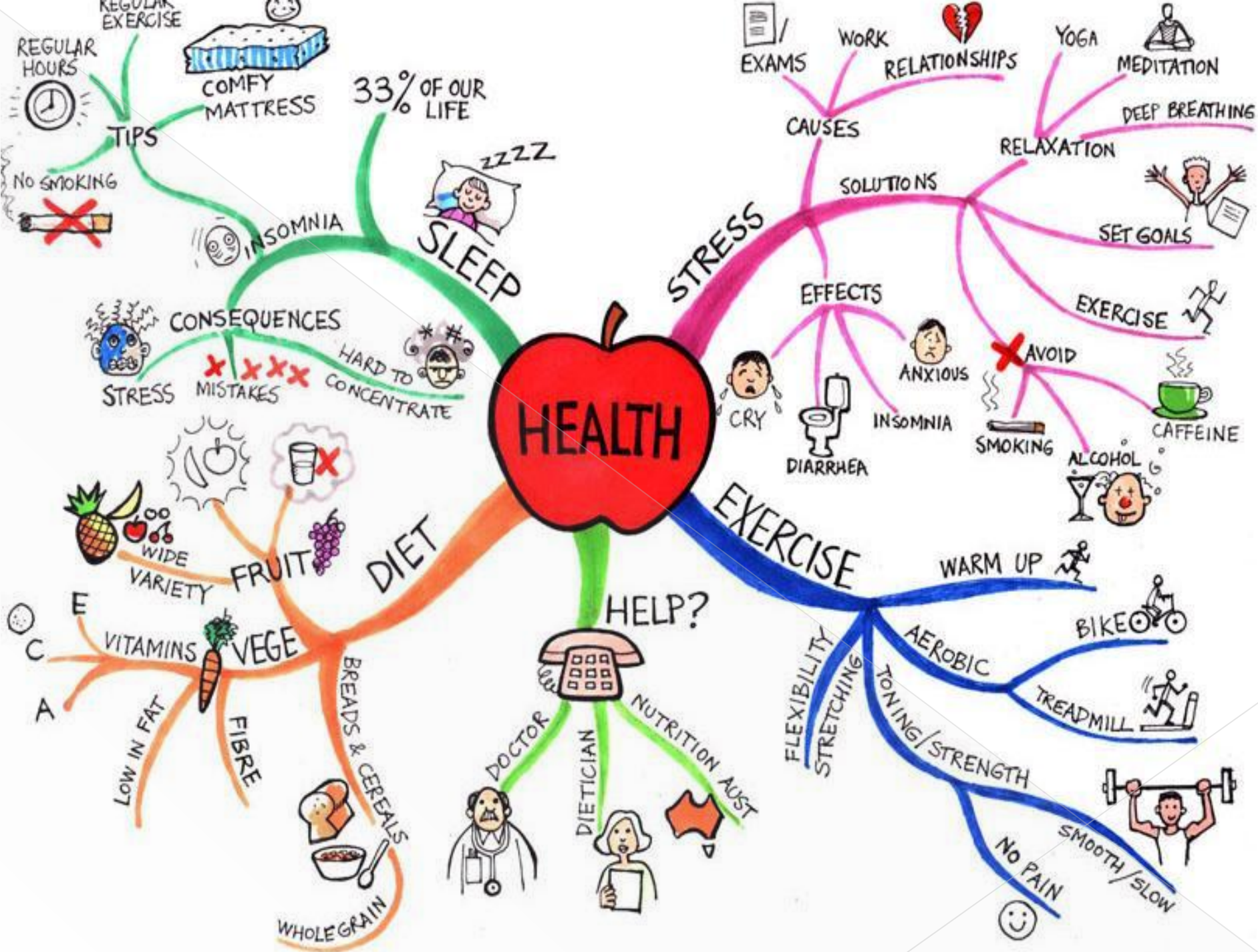


# • Eat healthily

- Drink plenty of water
- Exercise regular
- Minimize toxins
- Reduce stress



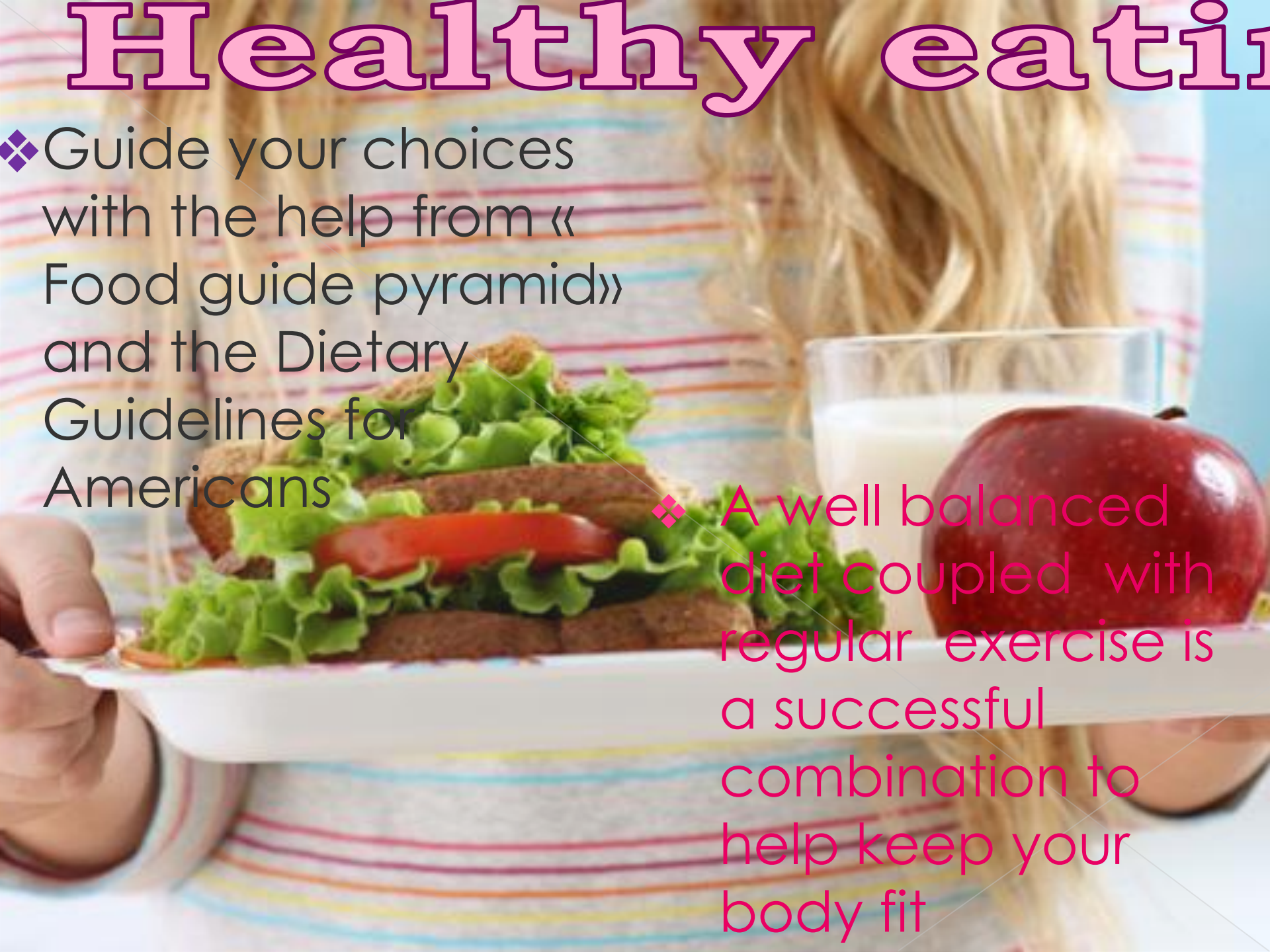
- Healthy living
  - Positive thinking
- Feel good
- Regular exercise
- Eat better



# Healthy eating

❖ Guide your choices with the help from « Food guide pyramid» and the Dietary Guidelines for Americans

❖ A well balanced diet coupled with regular exercise is a successful combination to help keep your body fit



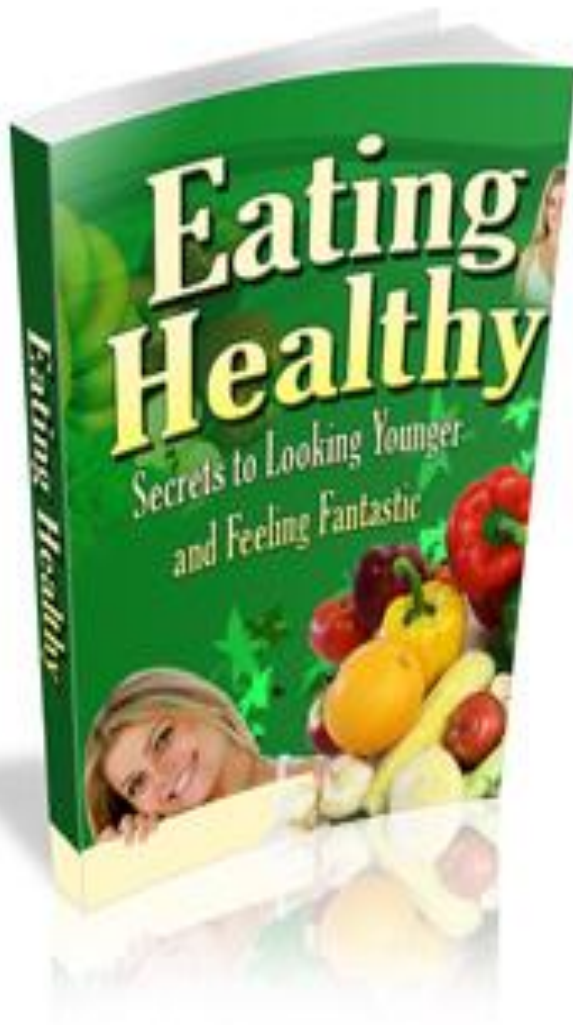
Choose fruits and vegetables over unhealthy fatty foods



# *How to Keep Fit*

- *Take a lot of exercise. Physical activity is good for all of us at any age.*
- *Begin your day with morning exercises. They give you enough energy for the day.*
- *Be sporty. Join a sports club or go to the gym and work out.*
- *Take enough sleep. Most people need eight hours of sleep to feel well.*
- *Leave some time for relaxing after a hard working day.*
- *Spend some time out of doors every day. Fresh air does us a lot of good.*
- *Limit the time you spend in front of your television or computer to an hour — an hour and a half.*
- *Keep to a healthy balanced diet. Don't overeat.*
- *Don't eat junkfood. Some kinds of food are harmful.*
- *Don't smoke or drink alcohol. Never use drugs.*

# Healthy eating



- Eating too much salt can increase the risk of developing high blood pressure. Having high blood pressure increases the risk of developing coronary heart disease.

# RECOGNIZING STRESS

- The following are indicators that you may be encountering negative stress:



- General irritability.
- Elevated heart rate/ Increased blood pressure.
- Floating anxiety-anxious feeling for no specific reason.
- Trembling.
- Insomnia.
- Headaches
- Indigestion.

# STRESS MANAGEMENT

## STRATEGIES

- The following are tips on how to maintain a healthier lifestyle and to prepare you to cope with the stress of everyday living.

Structure at least three to four days a week to include a minimum of 20 minutes of aerobic exercise.

Eat well-balanced meals, more whole grains, nuts, fruits and vegetables.

Reduce caffeine. The substance may aggravate anxiety, insomnia, nervousness and trembling.

Avoid alcohol and drugs. These substances may add to headaches and swelling, decrease coping mechanisms and add to depression.

Get at least 7 hours of sleep each night.

Spend time each day with at least one relaxation technique-imagery, daydreaming, prayer, yoga, meditation....

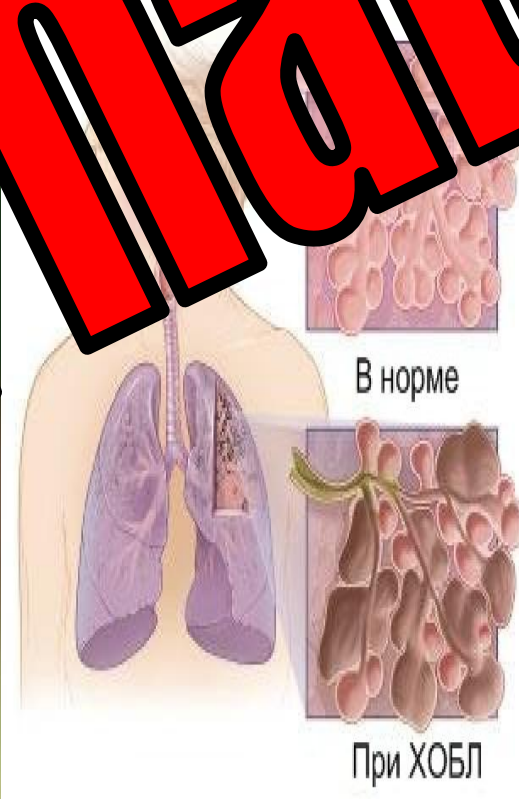
Go for a walk.

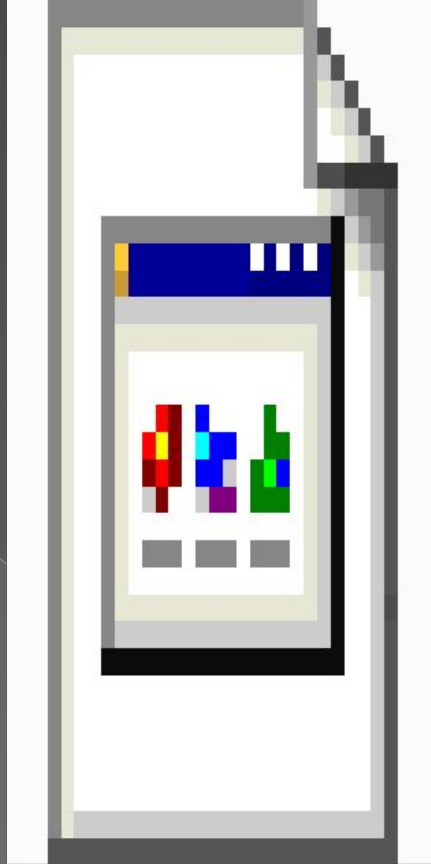


# Bad habits

- Scientists to be nail- biting weakens intelligent children and also affect their ability to perception, as they are susceptible to lead poisoning accumulated under the nails as a result of playing in the dusty atmosphere both inside and outside the home .. Russian
- This came in a research conducted by modern scientific center in Moscow on hundreds of cases in which children nibbles nails.
- Scientists believe the center Aural epidemics Prussia that nail-biting may be why high levels of the element lead in the blood of some children who يقضمون nails result element of dust and dirt in the fruits and vegetables that do not wash well, have also shown high girls Ikdmn nails, reaching 69% compared to the boys 62%.
- The research and previous studies have confirmed that children's exposure to lead contributes greatly to the injury problems in nerve growth and it may even lead to a damaging extent the entire nervous system. In this regard, advised doctors to monitor the child and know the reason behind it .. Which is mostly due to shyness or anxiety Oalolm or sadness .. And work to remove this cause serious health .....

# Bad habits





Dog, Cat, Parrot.exe

Thank you for your attention