

AFFECTS OF THE LIFESTYLE



Definition

- ▣ A way of living of individuals, and societies, which they manifest in coping with their physical, psychological, social, economics and environments on a day-to-day basis.

Types of lifestyle

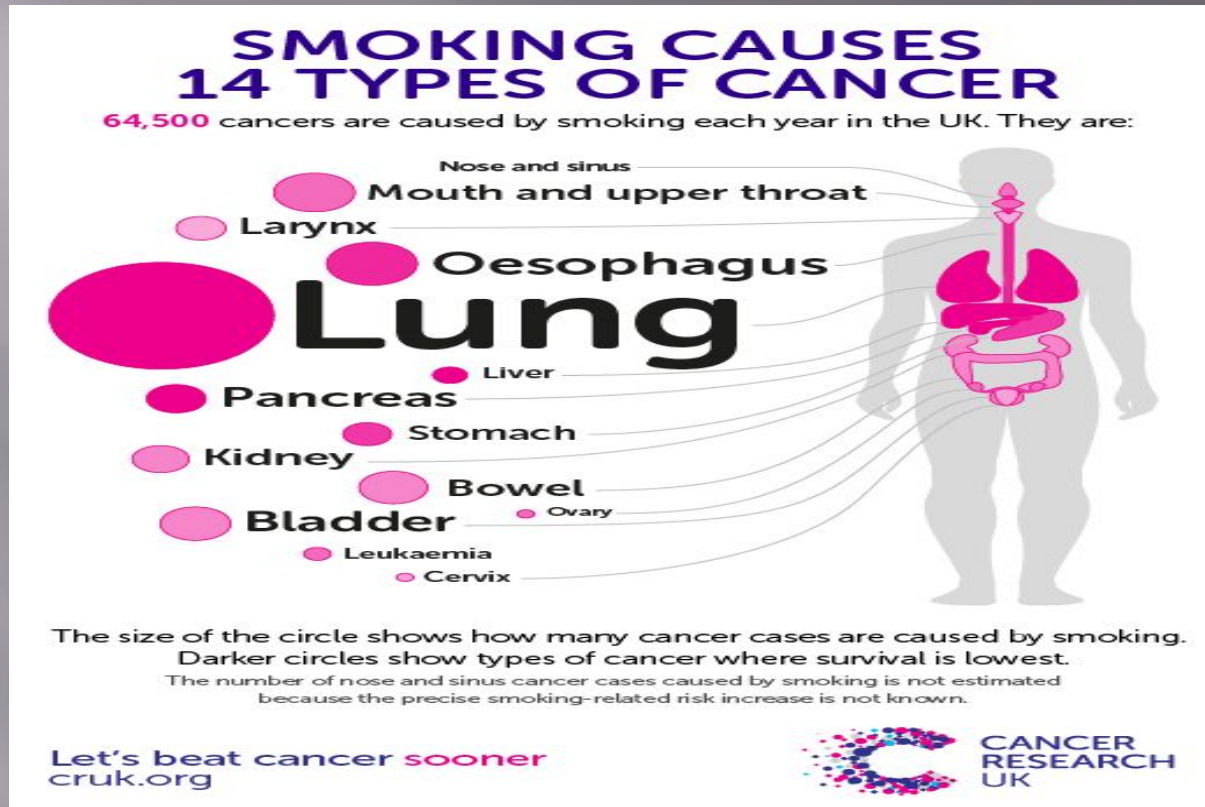
1) Healthy

- Physical activity;
- Diets;
- Good Hygiene;
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2) Unhealthy

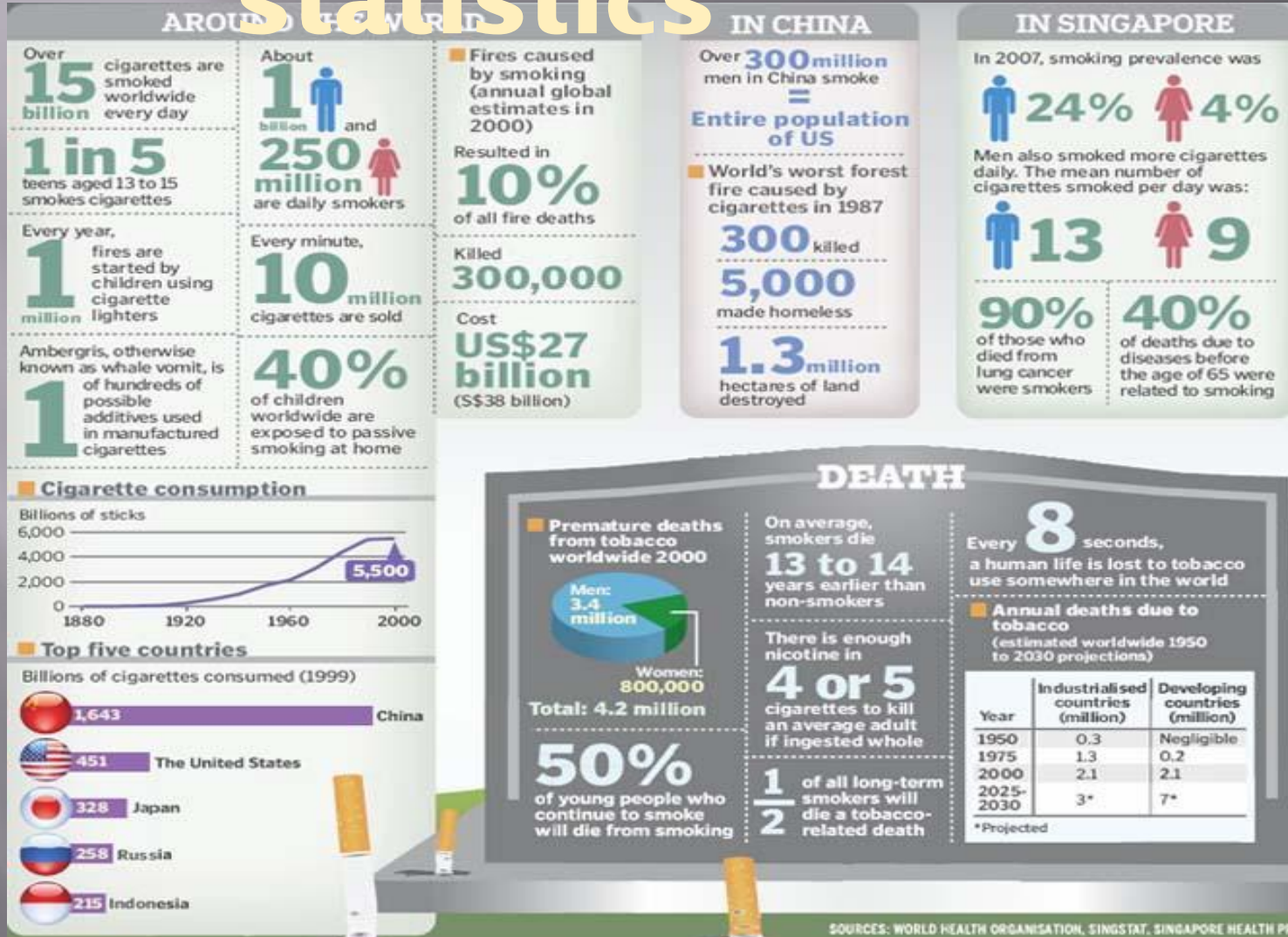
- Smoking;
- Alcohol drinking;
- Sedentary way of life;
- Junk food ;

Smoking



The fact is that half of all long term smokers eventually die from cancer, or other smoking-related illnesses. And half of those will die in middle age, between 35 and 69.

Some statistics



SOURCES: WORLD HEALTH ORGANISATION, SINGSTAT, SINGAPORE HEALTH PROMOTION BOARD AND CENTERS FOR DISEASE CONTROL AND PREVENTION (US).

Alcohol drinking



Consequences of drinking alcohol

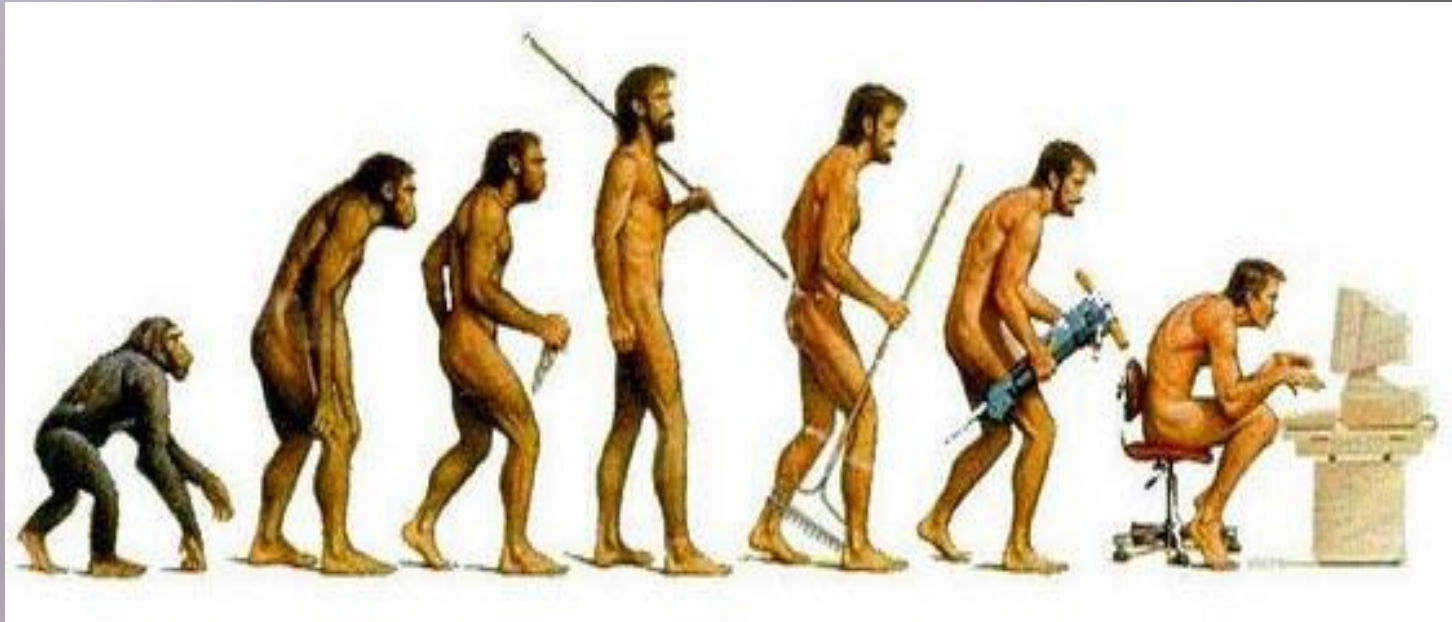
- 1) Death
- 2) Alcohol-impaired-driving fatalities
- 3) Alcohol contributes to over 200 diseases and injury-related health conditions
- 4) Changing of genetic code

Some statistics

- ▣ In 2012, approximately 3.3 million deaths were related to alcohol consumption.
- ▣ Also, in 2012, about 1 million people (33.4% of all Alcohol-Attributable deaths) died of cardiovascular diseases and diabetes, that are attributed to alcohol.

* Global status report on alcohol and health 2014
by World Health Organisation(WHO)

Sedentary way of life



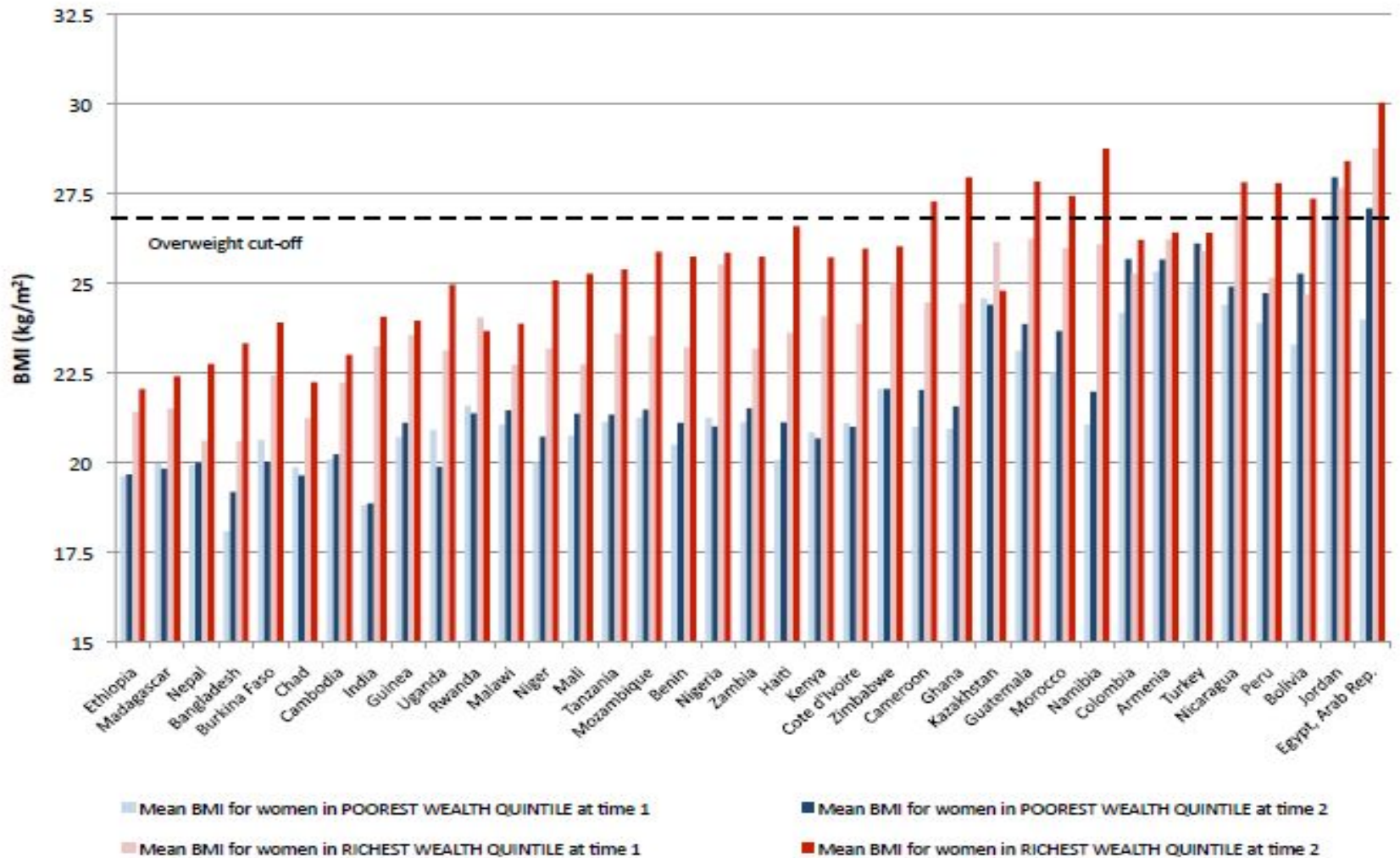
- ▣ One of the main effects of sedentary lifestyles is becoming at high risk to diseases and illnesses, like ischemic heart attack. This is usually due to lack of exercise which will lead to increase in cholesterol level and blood pressure.

Junk food



1. It affects the brain function
2. It causes fluctuations in blood sugar levels
3. It increases the risk of heart disease
4. It leads overweight and obesity

Average BMI



Physical activity



- ❑ Weight control
- ❑ Longer life expectancy
- ❑ Staying in shape
- ❑ Building bone, muscular strength

Healthy diet

- ▣ Proteins
- ▣ Vitamins
- ▣ Amino acids
- ▣ Minerals
- ▣ Reduce disease risk

Good Hygiene

- ▣ Reduces infection risk
- ▣ Keeps hands, teeth clean



Conclusion

- ▣ In the end, it is obvious that there are far more advantages in healthy lifestyle than unhealthy lifestyle. But statistics show that not everybody properly understands it, so we need to teach people how to avoid bad habits that still continue to kill us everyday, and be more active.