

Positive lifestyle is Healthful living

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Abstract

A positive lifestyle is Process of living that reduces the risk of being seriously ill or death early. All diseases are not a preventable, but a large proportion of deaths, especially those from coronary heart disease and lung cancer can be avoided. Research studies have identified certain types of behavior that contribute to the development of no communicable disease and early death. Health is physical, mental, social wellbeing. It is not an eliminate of disease. When a healthy lifestyle is obtained, a more positive role model is provided for other people in the family, particularly children. This main aim is to help readers change their behavior and improve their health in order to live healthier, longer lives.

Keywords: positive lifestyle, healthy behavior, prevent and control disease, nutrition

Introduction

A healthy lifestyle is the foundation of a good life. A healthy habit can change you develop a healthy lifestyle over a period of time. "Healthy living" to most people means both physical and mental health are in balance or functioning well together in a person. In many instances, physical and health are closely linked, so that a change (good or bad) in one directly affected the other. Healthful living is a lifestyle that promotes the health, healing, and happiness of all living thing. There are several positive lifestyle factors that can promote good health if you want to live a long and healthy life. Certainly, you can't change your genes or much of the environment around you, but making educated and intentional choices when it comes to diet, activity, sleep, alcohol use, and smoking can reduce your health risks and potentially add years to your life.

A positive lifestyle means a positive attitude and taking positive action. It means focusing on solutions, not on problems and constantly improving yourself and your life. This kind of lifestyle does not depend on your circumstance, where you live, and what you do for a living. It depends on a certain attitude and state of mind. You can adopt this kind of lifestyle, irrespective of your financial, age, work or circumstances.

We all are well aware of the fact that positive healthy lifestyle is the most valuable source of reducing the incidence and impact of a number of health problems for recovery, for coping with life stressors and for improving the quality of life. No doubt that positive or healthy lifestyle is very precious for all of us for leading a healthy life. To remain healthy and to have good physical and mental health, a number of healthy habits must be followed properly. So, for maintaining a proper health we should lay stress on the different components of positive healthy lifestyle which are described below.

Healthy Diet

A healthy balance diet can help bargain energy and it maintain or improve healthy lifestyle. It also reduce your risks and prevention of many chronic health risks such as: obesity, heart disease, diabetes and cancer. The basis of a

healthy diet are lots of fresh fruits and vegetables, whole grain foods and low fat dairy products. Such diet is required every day in order to maintain the adequate amount of vitamins, nutrients and minerals needed to have a healthy body. As important as it is to follow a healthy diet plan, it is equally essential to have your meals on time. Make sure you do not skip your breakfast or any other meal of the day and have your meals at the right intervals.

Physical Activity

Physical activity is another necessary element of positive lifestyle. Regular physical activity can maintain a healthy weight and to enhance strength and flexibility of the body. It reduces our obesity and enhances physical fitness. It helps to have a sound sleep which prevents heart attack, strokes and other health threats. Indeed, there are so many benefits of regular physical activity or exercise. It is difficult to live a complete life without it.

Stress Management

Stress is an inevitable part of life. Stress management is also a significant component of positive lifestyle. Modern life is full of hassles, deadlines, frustration and demand. For many people, stress is so common it has become a way of life. Too much stress is bad it leads to serious health problems such as it can raise blood pressure, suppress immune system, increase risk of heart attack etc. stress can be managed properly through meditation and relaxation techniques only.

Personal Hygiene

Personal hygiene is also an important component of positive lifestyle. Stress should be laid on personal hygiene such as cleanliness and proper care of eyes, nose, ears, throat, hair, tongue, feet etc. regarding cleanliness, it is said that 50 percent communicable diseases can be prevented if we lay stress on cleanliness. Indeed, personal hygiene is necessary to lead a positive or healthy lifestyle.

Proper Sleep

Proper sleep is also an important component of healthy

lifestyle. Lack of sleep may cause exertion of fatigue. It also causes the body to release cortisol which further leads to heart diseases. So, it is important to have proper and sound sleep for a healthy lifestyle. Most people are unable to indulge in exercise, have breakfast and spend a few quality moments with their loved ones in the morning because they do not wake up on time. Make it a habit to wake up early each morning so that you have enough time to accommodate all these tasks.

Socialization

Socialization is another significant component of positive lifestyle. An individual should develop good social relations with his fellows and neighbors. He should pay visits to their homes from time to time. Such relations strengthen the social bondage among them. To be social is a good sign of positive or healthy lifestyle. Further, loving yourself is also a key to a healthy and positive lifestyle.

Safe Environment

Safe environment is also a prominent component of positive lifestyle. The positive lifestyle requires such a safe environment where the harmful effects of physical (noise, radiation, etc) chemical, biological (infection diseases, etc,) as well as social and psycho-social (Stress, addiction) risk factors are reduced or eliminated. Generally, if we do not live in safe environment, we may fall prey to a number of diseases which will tell upon our health. Therefore, it can be said that safe environment is a component that is necessary for leading a positive or healthy lifestyle.

Conclusion

To summarize, "Health is Wealth". Staying healthy has the best impact on our body. And it plays an important role in our daily life activities. So eat healthy add more of fruits and vegetables. It is indeed but seems like our generation has forgotten it. It is time to slow down and take a look at the way you are living and treating your body. You may make more money, win friends and afford the luxuries of life with the lifestyle you are following but are shortening your life span. Take change of your life and switch to healthy habits while there is still time. So make a habit of doing activities physically to burn the calories inside body. In the absence of any one of these components, it will be inappropriate to say that we are leading a healthy or positive lifestyle.

Reference

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