

The Truth About Healthy Living

Opinion Article

Maintaining a healthy lifestyle can lead to a positive outcome in how our bodies respond to performing daily tasks. Everyone has his/her own understanding of what it means to live a healthy lifestyle. This article will offer ideas that has the potential to help people begin or maintain their journey toward living a healthy lifestyle.

Improving Your Diet

When Diet is Balanced Medicine is Of No Need.

Start by avoiding harmful habits and adopting healthy ones. Consider an individual's medical history, weight, age and possible allergies. Healthy eating cannot be one size fits all. Some may have a diet of limited choices, while others may have no limitations. However, for many people it's possible to find a diet that can improve their health. An approach to helping people improve their diet is to show the importance of eating healthy tasty dishes while being active.

Learning how to cook is greatly recommended. For instance, preparing a meal that could take less than twenty minutes and knowing that you are aware of every ingredient used, can give a feeling of satisfaction. You will probably soon after move on to flexible recipes which can be safe plus economical. See <http://www.cdciweb.com/cdci-stories/> blog for more information.



The Importance of Physical Activity



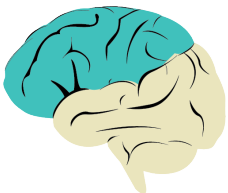
Physical activity aids in our ability to maintain a healthy weight and increase body strength to perform daily tasks. Individuals can plan a routine that will fit into their schedule. Take into consideration age, weight, height and body mass. Understanding these important factors can help to determine how to reach your goal. Motivation is key to remaining consistent and to take on more challenging exercises.



Your Mind and Body

It is Brain That Support Physical and Mental Energy.

It has been said that the brain is the most powerful part of the body. It controls our behaviors and can motivate us to be our best. People will take on responsibilities that they believe are worth while. If there is a feeling that something will be difficult to accomplish, we will most likely shy away from it. The best way to become comfortable committing to a task is to start small. If the ultimate goal is weight loss, contacting a physical trainer or health professional to discuss your health goals and how to reach them is a start. Another way is to perform household chores that will result in an increase in movement, or join recreational activities such as swimming or hiking if possible. The feeling of accomplishment after this challenge, can signal to the brain, that this form of exercise is needed.



HOW TO MANAGE STRESS?

Keep Reading

Stress is something that everyone experiences from time to time so we should strive for balance. This means setting aside time for the things that should be done as well as the things you enjoy doing. Plan, organize and make a to-do list. Try to avoid taking on responsibilities for which you are not obligated. You cannot change situations that you have no control over.



“You Can’t Pour From An Empty Cup”.

Avoiding stress, can include maintaining a full nights sleep, reading, playing an instrument, a form of exercise like yoga, strength training, gardening, and joining a support group.

A large orange shape is on the left side of the page, with three red virus icons of varying sizes arranged in a curve along its right edge.

CORONAVIRUS STRESS

Covid-19 has interrupted our daily lives. During this difficult time, there are a combination of events that determine how we may respond to this pandemic. According to The Atlantic Daily, How To Manage Your CoronaVirus. “A virus can invade our bodies, but we get to decide whether we let it invade our minds”. While taking extra safety precautions such as social distancing, this may be a good time to create a journal of simple goals of things that can help you get by during this time. Continue to connect with friends and loved ones by phone or visual communication available to us by skype, face time and positive online chats.

Are You A Care Giver?

While many can be exposed to the virus, there's also a concern for those who may require special care. The Office of Mental Health encourages caregivers to volunteer their time to walk an individuals dog, order and deliver their groceries and to provide technical assistance for them to stay connected.

WHY PHYSICAL CHECKUPS ARE IMPORTANT?

Making physical checkups a priority can be a great way to know the status of your overall health. Regular physical examinations can help an individual seek treatment for any underlying issues while making it possible to achieve their long term health goals. Before a physical checkup, doctors typically will make an assessment of a person's medical history such as past procedures and genetic family health issues. According to The Paper gown, patients are encouraged to make a list of any prescribed medications and questions regarding current symptoms.

When individuals take care of their health, it can help them to feel empowered. Seeing your healthcare provider can give you a positive perspective on why making your health a priority is the key to feeling your best. A trip to the doctor or even waiting on test results can cause anxiety for many, but it is crucial. Making this a goal can build confidence in patients to improve their health for a long time. Certified health practitioner, Amanda Best, of Regional One Health, quotes, "You have one body for your whole entire life. You're the one who can take care of it".

"Take care of your body. It's the only place you have to live."

-Jim Rohn

For many there is uncertainty on how often a physical checkup is needed. According to comprehensiveprimarycare.com people ages 19-25 should get a physical checkup once every 2-3 years. Ages 22-64, once every 1-3 years and those over the age of 65, once a year. Individuals with certain underlying health conditions may be suggested to see their physician more often.

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