

# Absence of Disease or Being Healthy

Compiled by: Morteza Afradian

## Part two

### **Path to improved health**

The preventive service you need might be a test, a vaccine, or advice from your doctor. Which preventive services you need depends on your age, medical history, and family history. For adolescents and young adults, there are several key areas that your doctor will probably focus on.

### **Kinds of Health**

- **Physical health.** Get regular exercise, eat a healthy diet, get enough sleep, and maintain a healthy weight. Take care of your teeth, wear sunscreen.
- **Mental and emotional health.** Learn how to manage stress, and develop a good balance between school, work, and social life. Pay attention to your moods and feelings, and don't be afraid to ask for help if you need it.
- **Social and behavioral health**

Adolescents and young adults face many issues every day that affect their social and behavioral health. These could include violence, harassment, school bullying, and so on. These types of issues can affect you in many ways. You may experience depression, anxiety, or an eating disorder. It is important for you to talk to your family doctor if you are having trouble with any of these kinds of things. You should also talk to your doctor if you have any of these warning signs: agitation or restlessness, weight loss or gain, a drop in grades, trouble concentrating, ongoing

feelings of sadness, not caring about people or things, lack of motivation, feeling tired, low energy, lack of interest in activities, low self-esteem, trouble sleeping

## **Healthy habits**

Developing healthy habits when you are an adolescent or young adult may decrease your chance of getting sick or hurt. The habits you have now really do make a difference when you're older.

## **Comparison of health and fitness**

Fitness and health seems to be same for everyone but they have entirely two different meanings. Fitness can be defined as the physical ability to perform work, sports etc with ease. While health is a condition in which the body should have resistance capacity from all illness and all parts of the body should work fine without any problem. Your body should possess both fitness as well as health. Men and ladies are equally concerned about their body. They want their body to be fit and healthy.

Health can be maintained by proper diet, exercise and hygiene. But in the other case to keep your body you need to do proper exercise. Usually sports people will have a fit body. They shape their body in such a way that it will be fit for their respective sport. But coming to healthy body it is just a matter of controlling weight and making your body immune to diseases. Some people will try to make their body fit so vigorously that they will not think about their diet and health. This creates a problem. So always make sure your body to be healthy and fit. Compared to healthy body, fit body needs more exercise and diet.

For a healthy and fit body walking is very good exercise which helps in burning the excess fat in your body. A fit body doesn't mean that it should look good from outside. A fit and healthy body should be physically active and energetic and smart enough to accept any tasks given to them.

### **Tips for a healthy and fit body**

Most important is the exercise. Make it a routine to move your body. You can do this by running around your home, playing with your kids, climbing up and down the stair case and so on. This will help in increasing your blood circulation. You can also join a gym where you will have an instructor who can guide you to have a healthy and fit body. Try to avoid fatty food and junk food. These foods are not going to give any nutrients to your body. Better stick on to a diet which includes fresh vegetables, fruits, fish and Dairy Products such as milk. Limited number of dried fruits can be included in your diet. Reduce intake of foods which are more salty and food with more sugar. Too much sugar and salt is bad for health. Have food at proper timings .Try not skip any meals. If you don't feel hungry also eat something but don't skip the meals.

Try to manage your stress by walking or watching any sport channel or anything that makes you relaxed. Keep your hands clean regularly because many diseases can attack your body through your hands. Do a regular body as well as dental checkups. Maintain your healthy weight and make sure it is under control.

### **How Can Regular Exercise Keep You Healthy**

Both nutrition and exercise play a very vital role in the amount of fat stored in the body. All types of exercise will not reduce your body fat. For reducing body fat, first try to increase the duration of exercise rather than decreasing the level of food intake. Studies have proved that there is a significant relation between lack of physical activity and fat build up.

Just by being more active generally such as ascending stairs instead of taking the lift, moving in the office instead of sitting still in front of our desktop as well as showing some enthusiasm instead of boredom, are all various means to burn calories and reducing body fat. It seems everyone have forgotten the value of being active. Dieting without exercising will result in getting fatter. One should increase his/her metabolism by exercising regularly to avoid getting fat.

The easiest exercise for strengthening your bones, controlling weight, leg muscles toning and improving self esteem is walking. It is advisable to walk at a moderate pace. Walking at high speeds every alternate day will help improve one's system. Walking aimlessly for an hour per day will be effective too.

Exercise and diet are linked to each other when it comes to good health and weight loss. Better than maintaining a balanced diet without exercise, it is better to exercise without dieting. Performing sit ups and crunches alone, the fat in your body will not transform to muscles. You have to do many other activities like active sports, running, cycling that help get rid of excess body fat as it burns lots of calories.

Running at full vigor burns more calories than walking at brisk pace. It is very important that you keep in mind to lose body fat; burn more calories and eat less. More calories can be burnt and you can attain your goal quicker if you

focus on exercising harder. And also: eat a varied and balanced and healthy diet, drink plenty of water, get lots of sleep, get regular exercise, avoid drinking alcohol and smoking, maintain a healthy weight, get enough sleep, keep up with vaccinations, brush and floss your teeth, wear sunscreen, do not listen to loud music.

### **Getting regular exercise**

Exercise is a great way to relax after being in lessons all day. You're recommended to take at least half an hour of exercise every day if you can. You might get some of this through your PE lessons in school, but it's also good to do more exercise outside school if you can. Exercise doesn't have to mean taking part in a team sport or spending lots of money on expensive equipment. Try doing something you enjoy. It could be: walking, swimming, jogging, skipping, and so on.

Meanwhile, there are plenty of great ways to keep fit, like joining a sports team. Joining a team outside of school is a great way to stay fit and healthy and also make new friends. You can build exercise into your daily or weekly routine and get your friends involved too which will help motivate you.

### **Plenty of ways to keep fit**

Most important tip for a healthy body is to have healthy food and eat them at proper time. Avoid eating junk food. None of the nutrients are available in these junks foods so no point in having them. Your diet should contain food which has more nutrients. Try to include leafy vegetables, fresh vegetables, fruits, milk, and fish in your daily diet. Make sure you are having your breakfast regularly. Skipping your breakfast regularly will definitely affect your health. If water

content in your body goes low then it will lead to dehydration. So to keep the body healthy make sure you drink more amount of water daily.

### **Having a balanced diet**

It can be hard to keep a healthy diet. Especially when there is a temptation to eat sweets and junk food. But it's important to get a balance in your diet of the right amount of each food group. A balanced diet also includes drinks. Your body needs to stay hydrated to keep healthy. But think about what you drink. Caffeine and sugary drinks can cause mood swings, affect your energy levels, feeling full of energy before a "sugar low" where you may feel tired and grumpy, can make you put on weight if you have too much sugar, can give you trouble sleeping if you have them at night. It is best to drink water and natural juices which don't have loads of sugar.

### **One portion should include:**

- **Carbohydrates** - like potatoes, pasta, rice and bread. A portion should be about the size of a fist.
- **Protein from non dairy sources** – like meat, fish, beans, and soya. A portion should be about the size of a deck of cards.
- **Dairy** – like milk and cheese. A portion should be about a 200ml of milk, a matchbox size piece of cheese or an average pot (125ml) of yoghurt.
- **Fruit and vegetables** - at least five portions per day. For fresh fruit and vegetables, a portion should be about a cupped hand. For dried fruit, a portion should be about half a cupped hand.