

# A HEALTHY LIFESTYLE

## HERE'S HOW...

### Drink lots of clean water!

Why??

About 60% of the body consists of water and most cells in the body cannot function without water. That is why people die when they do not have water to drink for more than 3 days.

So, next time you are thirsty remember dehydration will greatly affect your body's performance!

## FOLLOW GOOD SANITATION HABITS

Washing your hands regularly are one of the most important steps we can take to avoid getting sick and spreading germs to others.

Many diseases and conditions like diarrhoea, respiratory diseases like pneumonia, colds and flu are spread by not washing your hands with soap and clean, running water.

## PREVENTABLE DISEASES

Protect your children and yourself against preventable diseases by following vaccination schedules and awareness campaigns.

Before vaccines were discovered, millions of people died due to some diseases that we hardly ever seen or heard of today.

For example, when last did you hear about somebody with polio? Since the polio vaccines are routinely administered to new born babies, children are no longer at risk of contracting the disease if the vaccination schedule are followed.

## LOOK AFTER YOUR HEART!

Your heart is responsible to get oxygen and nutrients to every part of your body and remove waste products via the blood through your kidneys and digestive system. If your heart do not pump properly you can develop serious conditions such as high blood pressure, strokes, heart attacks.

## EAT A HEALTHY DIET

Follow a balanced diet which includes fruit and vegetables (for fibre, good starch and vitamins), protein (especially fish and chicken), whole grains like whole wheat bread, rice and pasta (without cream and rich sauces) and drink lots of water (not sugary drinks).

## EXERCISE!

Exercise is one of the best things you can do to stay healthy.

Exercise not only help people to maintain a healthy weight, it also stimulates the heart to get stronger. This will ultimately increase the amount of oxygen and nutrients to all the cells and enable the body to function much for efficiently.

Exercise do not have to take place in a gym – walking, gardening, playing with the kids are all forms of an active lifestyle.

All you need is 30-45 minutes of mild to moderate aerobic exercise 3-4 times per week.

## QUIT SMOKING!

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## REDUCE ALCOHOL INTAKE

Although one glass of red wine for women and two glasses for men has been shown to assist the blood circulation by decreasing the blood's clotting ability and making the inside of the blood vessel cells less sticky, too much alcohol

has the opposite effect.

Having too much alcohol decreases the hearts pumping ability and interferes with the absorption of many chronic medicines.

## CONCLUSION

The benefits of following healthy lifestyle is not a myth...it is VERY real.

If you want to be healthy, look younger for longer and not be the cause of other people's coughing by spreading your germs around, aim to lead a healthy lifestyle!



# DISCLAIMER

## TAKE NOTE

The information provided in this article is for education purposes only and does not serve as a medical diagnosis. Members should always consult their healthcare provider with serious symptoms.

Please note that Heritage Health plans do not necessarily cover the costs of the condition/s described.