

# Healthy living



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Ms. Black Anat-6 21 March 15, 2013 Healthy Living Many factors affect your health. Some you cannot control, such as your genetic makeup or your age, but you can make changes to your lifestyle. This book includes a population health approach and focuses on the various environments and settings which influence healthy living, such as nutrition, personal care and hygiene, physical fitness home environments.

Both physical activity and healthy eating are essential to good health throughout life, to increase resiliency and to protect against disease and disability. They are needed to lower the risk of chronic diseases and promote optimal health. In children, sufficient levels of physical activity and healthy eating are essential for healthy growth and development. Firstly, by choosing healthy eating habit, people will gain many rewards. To have good nutrition, people should reduce the amount of fat and in particular, the amount of saturated fat.

People should increase the intake of fibre-rich, starchy foods, such as bread, potatoes, pasta and rice by half as much again, reduce the average salt intake by around one-third, and increase the amount of fish eaten to at least two portions each week, one of which should be an oily fish. Besides that, practicing good personal hygiene is smart for two reasons. First, it helps to prevent people from catching and spreading illness and disease. Second, it helps people feel good about themselves and their body.

Then, being physically fitness not only helps people live healthy in lives, it also helps people live longer. The best way to keep physical activity and exercise a permanent part of one's life is to make it fun and enjoyable. Finally, all of the issues that evolve out of the interaction between people

and the environment fall under the umbrella of environment health. This book discusses the many different risks that threaten the environment as well as ways to protect the environment and those who live in it.