

Healthy life style assignment

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It is a well known fact that health is one of the most important aspects of our life. Without our health, we will not be able to go about our daily activities without facing any difficulties. Our lifestyle affects the condition of our health. Thus, we should live a healthy lifestyle in order to stay healthy. In general, a healthy person will avoid smoking, exercise regularly, and eat a balanced diet. The public has always been aware of the detrimental effects of nicotine and other substances contained in cigarettes. However, some people still ignore the fact that the effects of smoking on their long-term health will be devastating.

A smoker will have a very high risk of having lung cancer, other heart diseases, stroke, throat cancer, stomach cancer, and such. An expecting mother who smokes will affect the foetus in her womb. Smoking may lead to miscarriage or a still born premature baby. Since prevention has always been better than cure, you should not smoke if you want to stay healthy and live long. Apart from that, you should do regular exercises to keep you physically fit and healthy. Besides maintaining your health, exercise can help you to release stress, build your muscles, and maintain your ideal weight.

It is advisable for a person to exercise at least 15 minutes a day, 3 times a week. Examples of the forms of exercises that you can carry out are jogging, swimming, cycling, and any other activities that need you to move around and sweat. In addition, you should consume healthy food daily. Your daily intake of food for each meal should be based on the Food Pyramid. Ideally, you should eat more vegetables, fruits, whole grains, and protein-based

food. A moderate amount of carbohydrate, for instance, bread and rice, should be taken.

Fat and sugar should also be reduced. Besides adhering to a healthy diet, you should practice eating at the proper eating time and avoid skipping meals. Generally, good health is the state of the well being of all aspects of our life, namely, physical, emotional, and mental. By taking proper care of your physical, emotional, and mental being, you will undoubtedly be a whole and healthy person. Therefore, to ensure that your health is well maintained, it is important for you to live a healthy lifestyle by avoiding smoking, exercising regularly, and eating healthily.