

Healthy lifestyles

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There are many components of having a healthy life. The most important of which, however, are physical activity, healthy eating habits, a good sleep schedule, and a good control of stress. A combination of these is a good start to a healthy lifestyle.

Physical activity is massively important for having a healthy lifestyle. If a decent exercise schedule didn't exist in someone's lifestyle, a multitude of health problems are at risk for that person. For starters, if instead of exercising someone were to be watching television or sitting at the computer, along with poor eating habits, obesity will eventually settle in and bring more health problems with it. Chronic diseases such as heart disease, diabetes, and osteoporosis can all be contracted due to obesity. Being physically active is a way to prevent these things.

A key foundation for any healthy lifestyle is moderation in the things someone eats. For most of us, moderation means eating less than we do now. More specifically, it means eating far less of the unhealthy things such as refined sugar and saturated fat and more of the healthy things such as fresh fruit and vegetables. Eating a certain amount of calories is also important. Calorie intake also translates into how much physical exercise you need a day.

Keeping up with a good sleep schedule is another component to having a healthy life. The only sure-fire way to not be tired during the day is to sleep good enough and long enough. The recommended time spent asleep is around six to eight hours a night. It's also recommended that people

shouldn't take short cat-naps during the day. The reason being is that the brain goes through different sleep cycles while resting.

Usually, these cycles last about an hour and a half, and when someone wakes up at the very end of one of these cycles, they'll feel well rested. However if someone were to wake up in the middle of one of these cycles, they won't feel any better than from when they first went to sleep. This is also a reason why the snooze button doesn't help in the mornings. It's best to just go through with sleeping at night.

Keeping stress in check is the final key to living a healthy lifestyle. One way to keep stress under control is to simply exercise. Exercising is a great way to negate stress because it keeps the mind occupied on whatever it is you're working out with. Plus, it takes care of getting one's daily exercise in for the day.

That's the gist of living a healthy life. If one were to get control over their physical exercise, eating habits, sleep schedule, and stress; they'd be living an incredibly healthy life.