

# [Unhealthy lifestyle](https://assignbuster.com/unhealthy-lifestyle/)

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CAUSES OF UNHEALTHY LIFESTYLE An unhealthy lifestyle is one of the major contributor tohealthissue which is growing at an alarming rate issue in whole world as well. People influence their own health through their unhealthy lifestyles such as unhealthy diet, alcohol assumption andsmokingand poor sleep hygiene. One of the critical causes is having an unhealthy diet. There is no doubt that thefoodthat we eat significantly impact our health. The surge in the consumption of high fat foods can lead to compromised health and excessive weight.

An unbalanced diet ensures the body can't gets the essential nutrients it needs to protects the body from certain diseases. In addition, alcohol consumption and smoking are the sources that lead to unhealthy lifestyle. Smoking is a harmful lifestyle as it seriously affect our health. In fact, Smoking may cause addict and hard to eliminate the habit . Too much intake of alcohol is not advisable. Drinking can be a slippery slope, as excessive drinking can cause problems in virtually every area of a person’s life.

Futhermore, poor sleep hygiene is also major causes of unhealthy lifetyle which a large fraction of teenagers are involved in . Teenagers mostly spend their time staying in front of the computer all night long without sleeping. Slowly, they will mess up their time which is the opposite way and so even skip their breakfast . This situation clearly alert us that poor sleep hygiene will seriously affect our health . Unhealthy lifestyle of many today leads to poor health. Prevent is better than cure. As early as possible, we have to live a healthy lifestyle . (276 words)