

Leading a healthy lifestyle

[Health & Medicine](#), [Obesity](#)



How to lead a healthy lifestyle A very good afternoon to our honorable Principal, Mr Hassan, amiable teachers, dear friends and the esteemed visitors today. I feel glory to have a chance of lifetime standing here to address a speech to all of you. Here, I would like to share my experiences cum opinions with you about " How to Lead a Healthy Lifestyle". Do you all know that having a good custom in lifetime can foster from young? First and foremost, a balanced diet is important for the continuing healthy of our body as well as gives the green light for our body to imbibe nutrients evenly and expend energy on our daily routine. Food is our main sources of energy, much like petrol to a car. Therefore, we need to consume food from different seven classes of food due to it has its own functions, sources and effects to us. The seven classes of food include protein, carbohydrate, fat, vitamin, mineral salt, roughage and water. Besides that, choose food based on a food pyramid that is recommended by nutritionist. ' An apple a day, keep the doctor away'. Take appropriate fruits, vegetables and cereals a day will aid to prevent attack by virus. Although fat can protect the internal organs such as kidneys and heart, nevertheless excessive intake of fat and cholesterol lead to obesity and many other related diseases. Hence, we must choose food that contains low saturated fats and low cholesterol cum reduce the consumption of sweet food, drinks and salt. The most essential is eat in moderation, chew completely and having a good eating habit. Secondly, another device to lead a healthy lifestyle is exercising regularly and consistently. Exercising assists to enhance and strengthen one's immune system as well as prevent someone suffered from sickness due to it helps to detoxify through perspiring while exercising. One of the priorities of

exercising is an ideal way form of relaxation. It helps one's to unwind tension and pressure after one's daily rustle, hustle and bustle. In addition, a rapport friendship and teamwork spirit will form through group exercise. It will aids us be on friendly terms in social communicate. Our physical appearance will also look sturdy, strong and fit by exercise. You'll be killing two birds with one stone. Apart from this, a sufficient sleep plays a crucial role in leading a healthy lifestyle. It assists to release someone's stress after the daily workloads as well as strengthen someone's memories, creativity and imagination when pondering a complex problem. Take a nap for approximately half hour in the evening will give appropriate rest for our mind. Having ample sleep is to keep our mind fresh and be all ears when attending classes. Furthermore, we should avoid from having bad habits such as taking alcohol, drug addicting, smoking, over eating and the lists go on which will damage our health. Smiling is the best medicine for the people who are down in dumps. Always willing a smiling is good for your health. Make hay while the sun shines. Don't be hard-headed and waste you time. Time equals to the length of your life, utilize your time beneficially. Jump to conclusion, having a good habit to leading a healthy lifestyle is in order to prevent someone easily implicate in any diseases whenever you're in childhood, adolescence, adulthood or old age. Thank you.