

# Action plan for optimal health and wellness project essay



There are three elements of health and wellness our group would want to increase in society. First one is Physical health that includes our ability to perform normal activities of daily living (ADLs), or those tasks necessary to normal existence in today's society. Second one is Environmental health refers to an appreciation of the external environment and the role individuals play to preserve, protect, and improve environmental conditions.

Third one would be Spiritual health refers to the deepest part of you that lets you make meaning of your world. Its involves subscribing to a way of life or a belief in a supreme human being based on a particular religious doctrine of feeling of unity with a greater force and a guiding sense of meaning or value in all life. Nutrition and fitness are active parts of our lives. Eating nutritious food it is about feeling great, having more energy, stabilizing mood, and losing weight in a wholesome way. Fresh fruit and vegetables are containing high concentration of vitamins, minerals, and antioxidants.

The antioxidants and other nutrients in fruits and vegetables help to protect against certain types of cancer and other diseases. Physical activity play important rule in our lives. It is one of the safest and healthier easy to live longer and lose weight. Exercise will boost metabolism to burn more calories in a day. It balances the overload calories and controls the body weight.

Via Exercise a person can build muscles to burn more can reduce body fat, a reliable predictor of heart disease and other chronic health problems.

Inactivity and unhealthy eating habits lead to long term health problems, such as type two diabetes, heart disease or cancer. Eating a balanced diet and getting regular exercise reduce your risks for weight-related diseases. In

the United States cancer, diabetes, and cardio-vascular account for approximately two-thirds of all deaths (Weegy Pro, 2013). To prevent all these deaths here are three things people can do to not develop chronic deceases mention above.

The first is not smoke, second eat healthy, and exercise. In Germany scientist had a study regarding chronic decease. 25, 000 German participants did the research that included not smoking, having a BMI (body mass index) below 30, exercising at least 3. 5 hours a week of physical activity, and eating a diet high in fruit, vegetables, and low in meat. Eight years later a follow-up was done on the 25, 000 Germans that did the study. 2, 000 of the 25, 000 had developed chronic decease.

Overall 78 percent is lower the risk of chronic decease (Rodale News, 2013). Also to creating more public awareness about healthy lifestyles and more funding for access to more prevention programs, research, and more access to doctors for physical check-ups for prevention, early detection, and treatment of cancer, diabetes, and cardio-vascular decease. Furthermore, people should be made aware there are other types of treatment other than using conventional medicine for example, alternative medicine. Alternative medicine is based on the use of natural and herbal remedies that can restore the body's energy back in to balance and harmony. Alternative focus is on treating the whole person and not just the disease or illness.

Home environmental can affect individual health in many ways as they can have ventilation in your house and instead of making your house with clean fresh air will be dirt, and they are breathing all that in. When people smoke

cigarette they are breathing in all the secondhand smoke and with bad air it has just making it worse for their lungs because they are breathing in all those chemicals, and they can get all these different kind of diseases from it. After they are done smoking, smoke can stay in the air long. Even mold can affect their health because mold can cause respiratory problems if they consume it or if they are just allergic to it.

The chemicals that people use to clean their house can affect them if they are not careful because it can get in their body and mess up their breathing. Even when people are at theme parks all the second hand smoke from there can affect them. Protecting and enhancing our immune system is the most important thing one can do to live a healthy life. Immunity is a condition of being able to resist a particular disease by counteracting the substance that produces the disease.

Living in crowded cities, traveling in airplanes, and spending time in daycare centers and schools people are more exposed to germs than in the past. How do we protect and enhance our immune system? It is quite simple we have to change our lifestyle by doing healthy lifestyle practices like washing our hands before cooking and cook meats thoroughly. Do not smoke because smoking can lead to lung damage and cancer. Eat a diet rich in fruits and vegetables, in whole grains, and non-saturated fats. Get regular physical activity and maintain a healthy weight.

Maintain and control blood pressure. Consume alcohol in moderation. Get sufficient sleep to feel rested and less stress. Get regular medical checkups

(Alive, 2013). It is also a great idea to know and experiment with natural products to enhance immune function.

For example Chinese mushrooms act as tonics; they are believed to increase resistance to all kinds of stress and to extend longevity (Hadassah Medical Organization, 2013). Strengthening the immune system is a challenge, but to achieve optimal health for the entire body is priceless.