

Ways to promote healthy living essay sample

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Eat Healthy

Eating fast food 3 times a week and drinking a few cold ones before bed might be easier than making a home-cooked meal and more enjoyable than drinking a cold glass of water but it won't do a whole lot for your health. Eating home-cooked foods, especially fruits and vegetables, and staying away from the fast food joints will help you achieve the healthy lifestyle you desire.

Drink Lots of Water

To maintain a healthy lifestyle, average individuals are expected to consume at least eight glasses of water a day. And while this seems like it may be a lot, it's actually not. Eight glasses is almost equivalent to filling up your water bottle a few times between waking up and going to bed. Remember, if you work out, you will need to increase your water intake to compensate for the water you're burning off while exercising. Drinking water will detoxify your body and restore it back to a healthy state, especially after drinking coffee or alcoholic beverages.

Kick the Bad Habits

We've already mentioned it a few times but eliminating significant alcohol intake will have positive results on your mental health. Likewise, kicking other bad habits like smoking and drinking considerable amounts of coffee will also help keep your mental health at its best.

De-Stress

Stress is one of the leading causes for poor mental health. When you're stressed out, your body has to work harder to keep up and, overtime, it will take its toll on your body and your brain. Next time something stressful happens, try lighting some candles and taking a bath. If that doesn't work for you, try letting off some steam by going to the gym or going for a run. Keeping a positive frame of mind will promote positive mental health and eliminate undue stress on your brain.

Book Regular Check-ups

Unfortunately, you can do all of the things listed above and still suffer from mental health problems. In fact, you might have a mental illness and not even know it. Make sure you're mental health is in good condition by booking regular appointments with your doctor. He/she will be able to confirm whether you're lifestyle is healthy or identify where you may need to make some changes. Regular exercise and a nutritionally sound diet has the potential to improve your health dramatically, even if you're already in good shape. According to the President's Council on Physical Fitness and Sports, exercise reduces the risk of osteoporosis, cardiovascular disease, type 2 diabetes and cancer. Eating nutritious foods offers many of the same benefits, notably reducing the risk of heart attack, heart disease, high blood pressure and stroke. Nutritious Foods A food can be considered nutritious if it offers essential vitamins, minerals and nutrients. In general, foods that are whole, fresh and unprocessed or minimally processed offer the most nutrients per serving. Though some processed, packaged and prepared foods provide the same nutrients, they are less nutritious on the whole

because they often include added salt, fat, sugar, artificial preservatives or chemical additives. [Back to Home](#)

Patient. co. uk has an extensive section of leaflets on health promotion and lifestyle issues. Health promotion is about keeping healthy, living a healthy lifestyle, preventing illness, and preventing any existing illness from becoming worse. The health promotion and lifestyle leaflets section includes leaflets on diet, obesity, smoking, exercise, alcohol, preventing heart disease, cervical screening, breast screening, sun and health, etc.

Immunisation is also an important aspect of health promotion and Patient. co. uk includes information leaflets about the common immunisations.

Some screening tests and investigations are relevant to health promotion.