

✓ **Healthy Lifestyle**

A healthy lifestyle is one which helps to keep and improve people's health and **well-being** .
(knowing) (happiness/wellness)

Healthy lifestyle is about making us all **aware** of healthy choices, choosing good foods, and the **benefits** to our health of eating well and making time for exercise. (advantages)

A healthy lifestyle has both short and long term health benefits. Long term, eating a balanced diet, taking regular exercise and maintaining (keeping) a healthy weight can add years to your life and reduce the risk of certain diseases including cancer, diabetes, cardiovascular disease, osteoporosis and obesity.

The **WHO** (World Health Organization) defines health:

A state of complete physical, mental, and social well-being and not **merely** the absence of disease or **infirmary**.
(best) (only, just) (illness)

Our body is our temple (holy place), and we need to take care of it. Do you know that over 70% of Americans are either obese or overweight? That's **insane** (stupid)! Think of your body as your physical shell to take you through life. If you repeatedly abuse it with unhealthy habits, your shell will wear out quickly.

Life is beautiful and you don't want to bog yourself down with unnecessary health problems. Today, your vital organs (kidney, heart, lungs, gall bladder, liver, stomach, intestines, etc.) may be working well, but they may not be tomorrow. Don't take your good health for granted. Take proper care of your body.

Good health isn't just about healthy eating and exercise — it's also about having a positive mental health, a positive self-image, and a healthy lifestyle.
(best) (spirit, energy)

✓ **Wellness = optimal** health and **liveliness** has important aspects:

- ❖ Physical wellness (having a healthy body)
- ❖ Mental (Emotional) wellness (having a relaxed body, an open mind and an open heart)
- ❖ Intellectual (rational, logical) wellness
- ❖ Spiritual (divine) wellness
- ❖ Social or interpersonal wellness
- ❖ Environmental wellness

✓ **Well-balanced Diet**

A balanced diet is important because your organs and tissues need proper nutrition to work effectively. Without good nutrition, your body is more prone to disease, infection, fatigue, and poor performance. Children with a poor diet run the risk of growth and developmental problems and poor academic performance, and bad eating habits can persist for the rest of their lives.

A diet that contains the proper proportions (amounts) of carbohydrates, fats, proteins, vitamins, minerals, and water necessary to maintain good health. This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve (reach) and maintain a healthy body weight.

Fruits and vegetables contain many vitamins and minerals that are good for your health.

Health benefits of eating well

A well balanced has at least the following 6 **nutrients**:

(Carbohydrates, fats, proteins, water, vitamins & minerals.)

✓ **Regular Exercise:**

Movement is life. Physical activities have such powerful life-saving effects as drugs have at reducing the risk of death for people. Increase activity in your life. Choose walking over transport for close distances. Climb the stairs instead of taking the lift. Join an aerobics class. Take up a sport of your liking – Pick exercises you enjoy.

10 Benefits of doing regular exercises:

Research has shown that exercising daily brings wonderful benefits to our health, including increase of life span, lowering of risk of diseases, higher bone density, and weight loss, etc.

- ❖ feel happy
- ❖ healthy weight
- ❖ build muscles
- ❖ strong bones
- ❖ flexibility
- ❖ healthy brain
- ❖ improve memory
- ❖ better sleep
- ❖ self-confidence
- ❖ live longer

✓ **Advantages of Technology:**

Technology makes our lives easier. Today's students have great opportunities to learn and to connect by using it. But with each advantage comes a potential (possible) cost. When we understand those costs and can minimize them, we can keep the use of technology positive.

- ❖ great discoveries in all industries
- ❖ education advancement
- ❖ convenience of traveling
- ❖ easy access to information
- ❖ improved communication
- ❖ improved housing and life-Style
- ❖ social networking

✓ **Health hazards of Technology Addiction (dependent):**

- ❖ Job Loss – Replacing Humans
- ❖ Obesity – Being Overweight-(More use of Technology with less Physical Activity eads to Obesity.)
- ❖ Sleep Disorder
- ❖ Desk/Couch Potato
- ❖ Decreased Attention
- ❖ Lack of Social Interaction (Social Isolation)
- ❖ Heart Problems
- ❖ Back & Neck Pain
- ❖ Hearing Loss
- ❖ Death from Social Networking

Men have become the tools of their tools. / "One machine can do the work of fifty ordinary men. No machine can do the work of one extraordinary man."
(Elbert Hubbard)

✓ **Benefits of Healthy (good & happy) Relationships**

As humans, the relationships we form with other people are vital to our mental and emotional wellbeing, and really, our survival. Not only do people's relationships have a directly positive effect upon people's health (such as with stress reduction), they also influence people's health behaviors. For instance, spouses (wives, husbands) and other loved ones often actively encourage exercising, eating a healthy diet, and following up with medical issues.

- ❖ Less Stress
- ❖ Better Healing
- ❖ Healthier Behaviors
- ❖ Greater Sense of Purpose
- ❖ Longer Life

REMEMBER!

- We need calories to carry out our everyday activities. Not all calories are bad.
- Excessive calories, as long as they are burnt off through exercise is fine e.g. a professional athlete may consume up to 10000 calories a day but exercise for several hours.
- Eat the right amount of **calories** for how active you are, so that you balance the energy you consume with the energy you use. If you eat or drink too much, you'll **put on weight**. If you eat and drink too little, you'll **lose weight**.
- Eat a wide range of foods to ensure that you're getting a balanced diet and that your body is receiving all the nutrients it needs.
- Your health is so important.
- Years of bad food choices combined with lack of exercise can results in strokes, heart disease, obesity, diabetes and some types of cancer.
- It is up to each person to try and look after their body and fuel it with good foods.
- Encourage your parents to buy healthy foods so they are available in the house for you.
- It's never too late to make a change.

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“Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it.” – Plato.

“To insure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life.” – William Londen.

“It is Health that is the real wealth and not pieces of gold and silver. – Mahatma Gandhi.

“A good laugh and a long sleep are the best cures in the doctor’s book.” – Irish Proverb

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متوسطه اول

هفتم	هشتم	نهم
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متوسطه دوم

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