

## Healthy Way of Living (Healthy Way of Life)

written by MI2

Changes, however small, frequently lead to huge results. More and more research is showing that the key to lifelong good health is what experts call “lifestyle medicine.” It is about *making simple changes* in diet, exercise, and stress management. Simple? Right. But what exactly needs to be done?

- 1. THINK POSITIVE.

Research shows that a healthy positive attitude helps (to) boost immune system and improves your overall health in a big way. So focus on the positive!

- 2. EAT RIGHT.

What, when, and how much you eat is important. A “5 meal ideal” will help you manage your weight. A *balanced* diet should include different kinds of products, such as:

- ✓ vegetables: cabbage, tomatoes, cucumbers, beetroots, cauliflower, peas, pepper, garlic, onions;
- ✓ fruits: apples, pears, oranges, tangerines, strawberries, grapes, bananas, pineapples;
- ✓ dairy products: milk, cheese, sour-cream; cottage cheese;
- ✓ grains: bread, wheat, buckwheat, oatmeal, rice, corn;
- ✓ fish;
- ✓ meat: poultry, beef, veal, pork, (sometimes mutton and lamb).

It’s healthy to eat more fresh foods (in contrast to processed, highly refined foods). Try to add more whole grains, fresh fruits and vegetables into your meals. It’s great to eat five servings of vegetables a day — raw, steamed, or stir-fried. Limit saturated fats and trans fats. Homemade food is much healthier than junk food or fast food. People who eat fast food can become overweight. Fast food has a lot of additives, flavorings and preservatives.

- 3. EXERCISE DAILY.

If you want to live well and live longer, you must exercise. Studies show that even ten minutes of exercise makes a difference. Workouts help your body (to) be fit and stay in good shape.

- 4. GET A GOOD NIGHT’S SLEEP.

If you sleep little, you will look bad, feel bad and work poorly. Teens need approximately 8 to 9 hours of sleep every night.

- 5. ENJOY FRESH AIR.

Even a simple walk outside can raise your immune system. Research shows that spending time in fresh air, surrounded by nature, increases energy in 90 percent of people. “Nature is fuel for the soul,” says Richard Ryan, professor of psychology at the University of Rochester, USA.

- 6. SAY NO TO ADDICTIONS.

Sometimes people can become addicted to drugs, alcohol, tobacco etc. They can also be addicted to gambling or playing computer games.

As for me, I always try to think positive, eat right, exercise and get enough of sleep. I take long walks or jog outside in the fresh air whenever I can.. I have no bad habits. Why? Because there is one thing I know for sure: the more you care about your health, the longer you will live.