

Healthy Decisions Which Helps Us to Stay Healthy in the Twenty First Century

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Abstract – The fitness mantra to defeat fatigue and keep illness and related components at bay, for which one needs to make careful and educated choices every other second and every other minute each day in and each day out, which has to be a commitment not for the hour but for once life time, this shows how much importance is attached to once healthy in this ever changing never stopping development mantra of the world around us. This in turn has given rise to a million dollar industry by the name health and wellness industry, which is slowly but positively going to encompass all the spheres of human life in the years to follow...thus it is important for all of us to know the various aspect of health and how one can stay healthy with all these things around us in this complex world.

INTRODUCTION

"The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles but to live in the present moment wisely and earnestly." (*Buddha*)

What does the word health mean to you? This is an elusive question.

One needs first to be clear about what health is. Health is a word that most people will use, but without realizing that it may hold different meanings for different people, at different times in history, in different cultures, in different Social classes, or even within the same family, for example, somebody says "I was worried about my husband's health when he climbed Mt. Everest", it is clear that the woman is referring to her husband's physical health, possibly his heart, skin (frostbite) and risk of developing hypothermia (when the body's temperature drops too low.)

On the other hand, if you hear the phrase "With all these deadlines, presentations and working weekends, I wonder what the effect will be on her health," most likely the word "health" refers more to mental health than physical health (although the two are often linked).

The word 'healthy' could mean something completely different to a college student than it does to a working mum. Regardless of who you are, I want to make a very clear point here. Being healthy does not have **one definition**. It is not one stereotype or set of rules you **have** to live by.

The most famous modern definition of health was created during a Preamble to the Constitution of the World Health Organization as adopted by the International Health Conference, New York, 19-22 June, 1946; signed on 22 July 1946 by the representatives of 61 States (*Official Records of the World Health Organization, no. 2, p. 100*) and entered into force on 7 April 1948.

"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

The Definition has not been amended since 1948.

During the Ottawa Charter for Health Promotion in 1986, the WHO said that health is: "a resource for everyday life, not the objective of living. Health is a positive concept emphasizing social and personal resources, as well as physical capacities."

Factors which act as Determinants of health

The health of individual people and their communities are affected by a wide range of contributory factors. People's good or bad health is determined by their environment and situations - what is happening and what has happened to them, says WHO. WHO says that the following factors probably have a bigger impact on our health than access and use of health care services:

Where we live

The state of our environment

Genetics

Our income

Our education level

Our relationship with friends and family

What Does Being Healthy Mean?

Being healthy means taking care of your body by eating well and exercising regularly. Though being and staying healthy may seem like a challenge, it's actually quite simple once you get the hang of it.

Being 'healthy' may mean different things to different people; however for me personally, healthy means feeling fit, strong and confident. It means being realistic and doing what works for you and your body, eating a balanced diet with wholesome foods and enjoying the occasional treat when you feel like it.

Staying healthy and feeling your best is important at any age and that doesn't change just because you have a few more grey hairs. As we grow older, we experience an increasing number of major life changes, including career changes and retirement, children leaving home, the loss of loved ones, and physical changes. How we handle and grow from these changes is the key to staying healthy. These tips can help you maintain your physical and emotional health and live life to the fullest, whatever your age.

With these little information's about health and staying healthy, let's see what are the healthy decisions which one has to follow to stay healthy in the coming years.

Every day, we make quite a few decisions which affect our healthy, happiness and longevity. Some of them are like-that extract slice of cake-and some of them we do out of habit, on a level well beneath our conscious mind.

Here below are a few decisions that are crucial if you want the key to unlocking a healthier you.

The Right Breakfast

Making Time to Meditate

How You Work

What You Eat

Getting to the Gymnasium/Gym

Quality of Sleep

The Right Break Fast

It has been coined the most important meal of the day. This is somewhat correct-you can improve its veracity by saying that the moment you "breakfast" is the most crucial meal of the day.

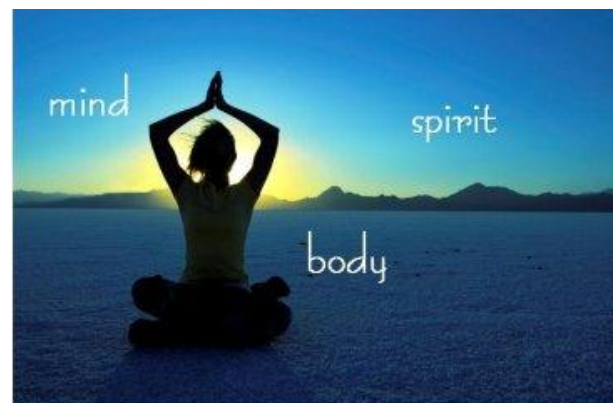
Let me explain. Overnight, your body releases growth harm one, a hormone largely responsible for recovery of cells and fat loss. The moment you introduce carbohydrates into your system, you neutralize your growth hormone with insulin.

This is one of the major reasons behind the popularity of intermittent fasting, which works on the protocol of a 16-hour fasting period followed by 8 hours of feasting. That may sound extreme, but really it isn't. All you have to do is consume your first meal later than usual-10am say, and then move your dinner forwards to 6pm.lunch can stay at 2pm (or earlier/later-it up to you).

Even if you don't decide to stick to that, you still have an important set of decisions to make around the make-up of your breakfast. The mistake many people make is to consume many types of high GI carbs like fruit juices, cereals and breads-far from ideal, as it creates an insulin spike which can lead to your body storing excess energy as fat.

A breakfast meal should consist of a high protein intake, moderate fat content and low, slow digesting carbs. We're talking eggs, avocados, nuts, oatmeal and lean meats.

Making Time to Mediate



Taking just 10 minutes as part of your morning routine for a meditative practice will significantly enhance your ability to relive stress throughout the day. You'll be more centered in the moment and emotionally resilient, which will help you react to life's daily challenges.

The effects aren't just emotional: you'll also benefit from a reduction in the stress hormone cortisol and improvements to your immune system.

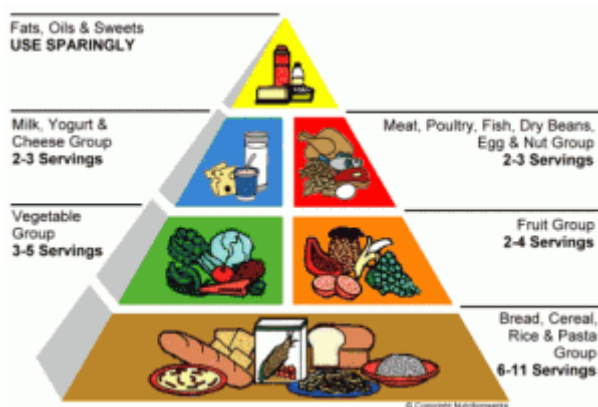
How You Work

This is one of the most overlooked aspects of health-it's only now coming into main-stream consciousness.

Sitting down for hours on end leaves us vulnerable to all sort of health issues, such as cardiovascular diseases, diabetes, depression, lower back pain and neck pain. And for all you type A's out there: you can't undo the negative aspects by killing it once a day in the gym.

I've experienced it myself. Over a period of 4-5 months worked 8-10 hours seated every day, and even though i was still training just as hard, I started to experience neck problems followed by lower back pains for the very first time in my life. It took me months to restore the lost balance to my life.so, make the decision to stand up and get limbered up every other 44minutes or so with some body weight movements or a walk/move around the block.

What You Eat



In a way, this is the easiest of all the decisions to make. You have to eat; you already eat, so all you need to decide is to improve what you eat. simple, right?

You probably know by know that you need:

- 1) A high protein intake that maintains and grows muscle mass,
- 2) Healthy fast for our skin, hormones and hair, and
- 3) Slow releasing carbs to provide energy throughout the day.

But do you consider inflammation in your daily meal planning? Eating inflammatory foods (broadly speaking dairy, gluten, processed meats and sugars) can create a constant immune response in your body, leaving you feeling stressed and vulnerable to disease.

The decision you can take here is to look at what you're eating and how you're feeling, you don't need to embrace an extreme diet, just keep it in mind that there's a close relationship between food and mood, and go from there.

Getting to Gymnasium/Gym



Our bodies are designed to move, lift, push and throw. We get stronger as a result of work and weaker the longer we remain idle. Systematically exposing your body to stress through exercise is essentials for optimal physical health.

Aim to train three to four times per week, building strength training, mobility, flexibility and cardio into your regime. There is some debate as to the best time of day to train, bit in my mind it doesn't particularly matter-just so long as you decide to make your body work at some point during the day.

QUALITY OF SLEEP

It's the last big decision you make every day-but that doesn't mean its ok to give yourself a pass on this one. Seven to eight hours every night is optimal for maintaining health and avoiding the rapidly ageing effects of sleep deprivation. So-and I know I sound like a nagging mum here-make sure you go to bed on time.

It's also important to cultivate the right sleeping environment to maximise sleep quality. Try to sleep in a dark room, turn off all of led lights, open the windows for good airflow and try to stay off your electronic devices for an hour before bed.

All easier said than done in today's age.....

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Living Healthy 'n' Wellbeing page 2-Scott Laidler.

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