



What is a healthy lifestyle!

Health Promotion Department
Supreme Council For Family Affairs

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What is a healthy lifestyle!

An ideal healthy lifestyle is one around the healthy habits practiced by the individual within the daily routine that benefits him physically, emotionally, and mentally and contribute to improving the quality of public health. A healthy lifestyle is very beneficial as it plays an important role in improving mood swings, which reduces the chances of exposure to stress and anxiety.



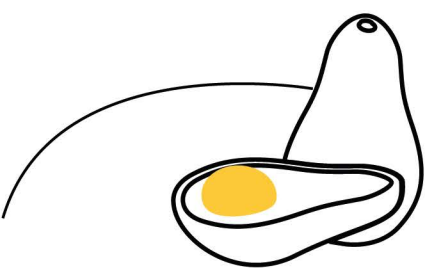
In addition, practicing healthy habits has a clear impact in resisting chronic diseases such as high blood pressure, diabetes, fragility, bone, and heart disease besides reducing the risk of cancer.

A healthy lifestyle is not limited to food but is to have a balance between food and energy consumed, the individual must consume energy throughout the day and have free time for practice and regular physical activity, and this balance has an impact on increasing productivity and maintaining a healthy weight.



Healthy habits for an ideal lifestyle:

Healthy food :



Diet diversification is required and the inclusion of all the major food groups, color the plate with all colors of vegetables and fruits, eat all the major nutrients such as healthy fats and proteins.



Healthy habits for an ideal lifestyle:

Physical activity:



It is recommended
3 - 4 times a week.

- Exercising for at least 30 minutes most days of the week.
- Recommended number of steps: at least 10,000 steps per day.



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Healthy habits for an ideal lifestyle:

Sleep:

Zzz sleep for at least 6-7 hours at night every day.



Healthy habits for an ideal lifestyle:

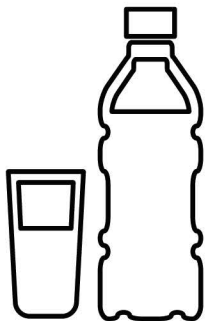
Fasting:



Fasting one or two days a week helps improve the general health of the person and enhances the burning process, in addition, it helps the body to get rid of the toxins.



Healthy habits for an ideal lifestyle:



Drinking water:

water is important for its vital processes for the human body.

calculation for amount of water needed

Body weight x 30 ÷ 1000 =
amount of water needed in L



Healthy habits for an ideal lifestyle:

Going out in nature:

Visiting nature and having a walk would help to reduce stress.



Healthy habits for an ideal lifestyle:



Use of electronic devices: Avoid staring for long hours at electronic devices and screens and start to have time to rest your eyes and body movement.

It is recommended

Practise the 20-20-20 eye rule to avoid eye strain. Every 20 minutes look away to a place at least 20 feet away for 20 seconds.



Healthy alternatives:

*Replace table salt and add flavor to the food by using herbs and spices such as basil, paprika, black pepper powder in addition to lemon, garlic and onion powder.

*Replace potato chips with low-salt popcorn, which is lower in calories and higher in fiber.

*Replace sweets with dates or dried fruits to maintain the normal sugar level in the body.

*Replace processed sugar with cane sugar or honey as a natural alternative and an ideal booster for the immune system.

*Replace flavored and sweetened coffee with black coffee to ensure the stability of the sugar content in the drink.

*Replace white bread with whole-wheat baked goods that are rich in fiber and low in sugar.



Healthy alternatives:

*Eat fresh fruits instead of juices to take advantage of fiber and minerals and reduce sugar intake.

*Replace ice creams with frozen yogurt mixed with fruits to get more calcium and less sugar.

*Replace milk chocolate with dark chocolate as it contains a higher percentage of antioxidants and less sugar.



Information you need to know:



(Honey is the best alternative for my immune system): Honey is one of the most important foods beneficial to the body and our immune system. Honey contributes to strengthening the immune system with the help of white cells in increasing the strength of fighting diseases and confronting them in overcoming infectious diseases that affect the body, especially respiratory and digestive systems, in addition to being an excellent natural alternative to sugar and manufactured sweeteners.



(Canned foods or fresh foods!): Canned and processed foods have a high salt level, so it is recommended to stay away from them permanently or use them rarely when necessary to maintain healthy food, consuming high quantities of salt can cause many health issues in the long term.



Information you need to know:



(Did you know that citrus fruits are immune system friends!): Did you know that orange and yellow fruits or citrus fruits influence our immune system, as they help to improve and strengthen of the immune system and fight infectious diseases significantly, such as oranges, mandarins, lemons, and grapefruits.



(The future of my lung is in my hands, quit smoking for a better life): Smoking is the first cause of high mortality around the world, as smoking kills nearly 6 million people every year. Smoking in all its forms affects your health and the health of those around you as well as the environment, and the effect of quitting starts from the first minute to restore and maintain your health.

(You still can quit smoking and save your life and the lives of those around you)





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