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HEALTHY LIFESTYLE WITH HEALTHY HABITS

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ABSTRACT:

Health is the state of physical, mental and social well-being. The importance of health is first and everything else comes after it. Maintaining good health depends on many factors such as how we breathe in the air, how much water we drink, what kind of food we eat, what kind of people we meet, and how we exercise we do.

KEYWORDS: state of physical, mental , importance of health.



INTRODUCTION

If rupee-money goes out of hand then it can be recovered. But once health is deteriorated, it is very difficult to bring it into an old condition. That is why sensible people take care of their health in a friendly way.

MENTAL HEALTH IS IMPORTANT AS PHYSICAL HEALTH

Where a person is physically fit since the early years, it is very important that many people ignore the need and importance of being emotionally and mentally strong. This is the right time when people should understand how important it is to maintain mental health and work in that direction. Parents can often be seen to emphasize the importance of maintaining the level of hygiene to ensure the food being eaten by their children and their

physical health. Many mothers can be seen worrying about the eating habits of their children. They force food to be used physically to keep their children physically fit and energetic, but we rarely have tried to know what is going on in the child's mind. We should understand that parents often instruct their children to work, but do not try to analyse the matter why their child is avoiding or refusing to work. It is also important to spend time with children and feed them as they fulfil their emotional needs. It is good not only for children but also for people of all ages. Every person should give his mental and emotional health as much importance as he gives to his physical health. Problems like depression, high blood pressure and stress are being born due to the lack of this.

THINGS TO REMEMBER FOR GOOD HEALTH

Good health is the basis of all the pleasures of life. Things can be bought by money but their consumption depends on good health. If a rich person is unhealthy, then his wealth has no value. If poor is healthy, then no matter what the worry is because he has health money. Whatever he has, he can use it properly. There is a kind of beauty in good health. There is enthusiasm and excitement in the mind with good health. He does his job by being relieved. He does not frighten with the difficulties, he will be always excited. He does not have any weakness and fatigue. On the other hand a person with a defective health is sad and distraught at all times.

Therefore, the duty of each person is to adopt a healthier lifestyle and keep your body healthy and mindful.

There are many who wish good health, but there are only few who try to be aware of it. But only by imagining, health cannot be maintained. There is a continuous effort to do this. Good and balanced diet has three fundamental elements in maintaining regular routine and regular exercise health. Food should be coordinated with fruits, grains, vegetables and milk. The health of the person remains good by taking some quantity of fruits, green fresh vegetables, sprouts, and some quantity of milk per day. Along with that, stale, gourd, more fried and high-fat food are unfavourable to human health. Nowadays children and youth are getting attracted towards fast food. This attraction invites many kinds of diseases and obesity.

Regular routine is very important in maintaining health. It keeps the person away from stress. Since the body acts like a machine so it wants regularity. It does not want to be over-sized with it. Therefore, every person should make a regular routine and follow them also. In this routine, activities that keep body and mind relaxed are to be given proper place.

Regular exercise also has considerable importance in keeping the body healthy. Exercise strengthens all the organs of the body and provides the power to fight diseases. It makes the person nimble and seamless. In Indian Health Science 'Ayurveda' Yoga and other remedies have been discussed in detail to keep the body healthy. Ayurveda tells us what kind of lifestyle we adopt for human weather and weather.

The importance of timely treatment for good health is not less. If the person has fallen ill then he should immediately seek the help of a qualified doctor. It can be dangerous to treat any illness as less and ignore it. Considering the advice of a qualified doctor, the person can get quick health benefits.

The subject of health in the fast pace of life and the run of life has gone a long way, and the result is that today we are suffering from diseases such as blood pressure, diabetes, heart disease, cholesterol, obesity, arthritis, thyroid in youth. The ones that were first in the state of prosperity and old age, and the main reason for this is the bad habits of drinking and living, let us also follow the rules of health by themselves. Keep healthy and keep the family healthy, make others aware about good health, so that a healthy and strong society and nation should be built, because it has been said - the first happiness is healthy work.

Balanced food - Ghee, things made from oil such as pudhi, paratha, cholera bhendure, samosa cheesy, junk food, tea, coffee, and cold drink are more dangerous for health. Regular intake of blood pressure, cholesterol, diabetes Due to obesity and heart disease, the stomach causes problems like gas, ulcers, acidity, frequent diarrhoea, liver deformity, instead of green vegetables, seasonal fruits, milk, etc. , Buttermilk, sprouts should include cereals and salads which are rich in vitamins, minerals, fiber, and make Jivniy elements and are very beneficial to the body

Do not consume excessive amount of sugar and salt, it is the cause of diabetes, blood pressure, heart diseases.

Almonds, raisins, figs, walnuts, etc. are very beneficial for health, be sure to consume them.

Drink fresh juices, milk, yogurt, buttermilk, lemonade, coconut water, such as water and other liquids, they do not cause water shortage, body shines on the skin and face, and the body's dirt Exits through sweat and urine.

Regular exercise - Get up before sunrise, go to the park, walk barefoot on green grass, run, speak, yoga, do pranayama, these remedies get sweating from the body, muscle muscles get strength, blood in the body The communication increases, many physical and mental illnesses are protected, the agility in the body throughout the day keeps on blooming, hunger is good; therefore, exercise regularly.

Deep sleep - To keep the body and mind healthy, a deep sleep of about 7 hours per day is necessary for an adult, continuous sleeping is not complete, and repeated sleeping often causes many diseases.

Take these measures for good sleep - The sleeping room should be clean, quiet and secluded, sleeping till 10-11 p.m. at night and rising up to 5-6 in the morning is considered good for health, by

sleeping First breath is good, it should be done 2-3 hours before sleeping, and after 20 minutes of eating in the evening, you must go for 20-25 minutes.

Tension, it is right to contemplate the problems that come in the life of Mara-Marr every day, do not worry, even if the Chita burns the body after death, but continuously unnecessary worry will burn the body, so that due to stress Advice on brother, brother and trustworthy friends If the problem persists, then consult with the specialist.

Stay away from drunkenness - There is no one of the most dangerous diseases for the younger generation, it is the snake trap, alcohol, smoking, tobacco are all enemies of health, avoid any addiction in any situation, if you avoid drunkenness It is very good, but if someone is intoxicants, then as soon as you get rid of addiction, it is a good disease that is more dangerous than cancer and AIDS and ruins many families together. Aririk, mental, causes the destruction of economic and social status, so as to avoid further measures drunk .

In order to keep the money rich in health, adequate importance of the cleanliness system maintained at different levels. Cleaning the body, cleaning the house, cleaning the clothes and cleaning the neighbourhood should be done by the whole rule. When the sanitation system is correct, the germs stay away from the body.

HEALTHCARE IN INDIA

There is no national health insurance system for citizens of India. This is the reason that private sector is the main healthcare provider in our country. Wherever there are government hospitals in the country, treatment is provided free of cost and people are provided free medicines but many people keep away from these hospitals due to lack of hygiene. Apart from this, these services are provided free of cost, hence there is a long line of lines.

The government should work to maintain these facilities and to establish more hospitals like these facilities so that the needs of each citizen can be met. In India, the common man needs huge amounts of money for health care. Most of their savings are spent in caring for the health of their family. People who purchase healthcare insurance also need money during various treatments because these policies have many drawbacks.

CONCLUSION

There is competition at every step in life. Every person wants to match another, whether it is at school or college level or maintaining health style in life. People should recognize the fact that health is first. We can do all this if we are healthy and work better on other aspects of life. The government should also provide good health facilities for the betterment of the country.

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