



Category: Health Well being



## HEALTH AND WELLBEING

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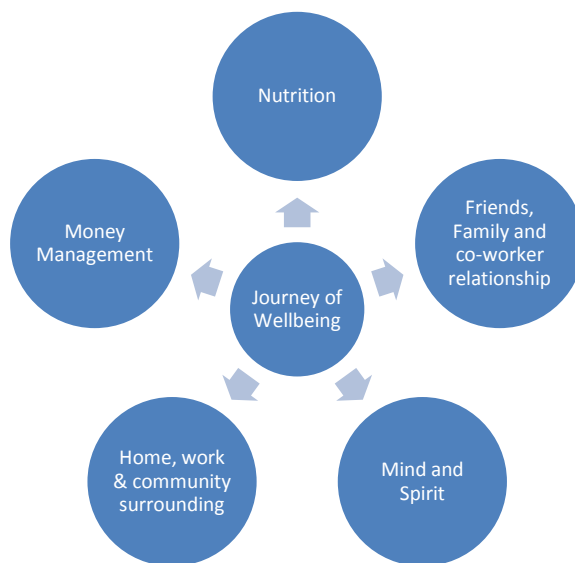
### 1. INTRODUCTION

Health is the destination where wellness is the journey. The key of wellness is to accept personal responsibility for your health and wellbeing. According to World Health Organization, Health is a state of complete physical, mental and social well being and not merely the absence of the disease or infirmity. Health is a dynamic condition resulting from a body's constant adjustment and adaptation in response to stresses and changes in the environment for maintaining an inner equilibrium called homeostasis.

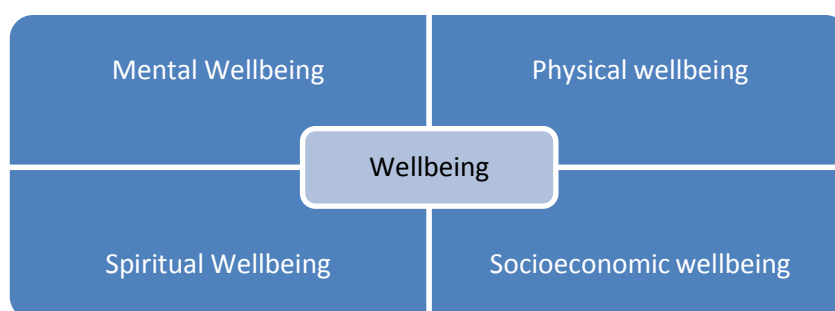


Wellbeing is a state of being comfortable, healthy and happy.





## Types of wellbeing



One can prevent diseases in life and have good health only by means of lifestyle changes that is diet and exercise. Coronary artery disease, Ischemic stroke, Diabetes mellitus and some specific cancers are now becoming the dominant sources of morbidity and mortality worldwide. The primary determinants of these diseases are not genetic but environmental factors, including diet, exercise, fitness and life style changes.

Preventing these diseases will require changes in behaviours related to smoking, alcohol consumption, binge eating – diet, regular and scheduled physical activity. Specific changes in diet & exercise can likely benefit a personal.

### LIFE STYLE CHANGES TO ENSURE GOOD HEALTH

#### 1) Maintain a healthy weight

Obesity is increasing rapidly worldwide. Overweight people experience a two to three fold increase in the risks of coronary artery disease, Hypertension and more than tenfold increase of type-2 Diabetes. Both overweight and obese people also experience elevated mortality from cancers of colon, breast, kidney and endometrium.

For a normal healthy person body mass index should be less than 25.

Body mass index (BMI) is calculated by  $\text{weight} / (\text{height} * \text{height}) \text{ kg/m}^2$

Range of BMI-

Less than 18.5 – underweight

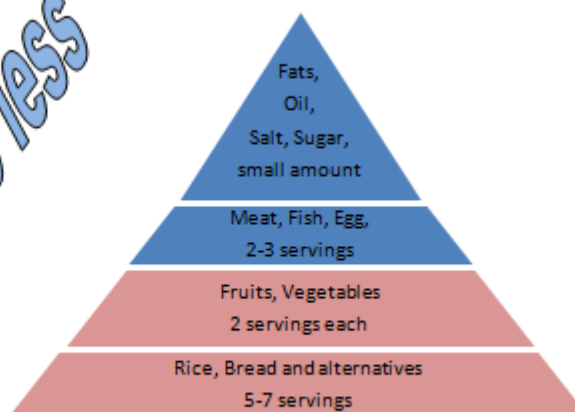
18.5-24.9 – Normal

25-29.9 – Overweight  
greater than 30- obese.  
Waist circumference <95 cm should be maintained.

## 2) Maintain A Healthy Diet.

A healthy diet is one that helps to maintain or improve overall health. A healthy diet provides the body with essential nutrition such as fluids, adequate essential amino acids from protein, essential fatty acids, vitamins, minerals and adequate calories.

Take more  
Take less



### 2.1 Healthy eating steps

- Prepare more of your own meals.
- Make the right changes.
- Drink plenty of water – water helps to flush waste products and toxins from the body.
- Take small portions.
- Take time – eat slowly.
- Eat with others whenever possible.
- Consume cereal products in their whole grain, high fiber form.
- Replace saturated and trans fats with unsaturated fats and include sources of Omega-3 fatty acids.
- Consume lean meat instead of red meat as protein.
- Consume lentils, beans which are good sources of protein
- Ensure generous consumption of fruits and vegetables and adequate folic acid intake
- Limit consumption of sugar, and sugar based beverages.
- Limit excessive calories intake from any source.
- Limit sodium intake.
- Avoid smoking and alcohol consumption

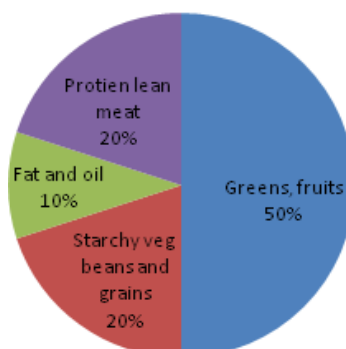
### 2.2 Avoid 5 whites in your diet to avoid most diseases

- Salt
- Sugar
- Refined Flour (Maida)
- Ghee, Vanaspathi (Oil)
- White rice



## 2.3 Healthy Plate

### Healthy Plate



Fill your plate with colours of the rainbow. What pleases the eye, pleases the body as a whole.

### 3) Maintain proper exercise

Exercise is the best way to burn the calories and fat. The benefits of regular physical activity are unrevealed – helps you to loose weight, maintain weight and prevent a host of ailment. Being fit can help you stay mentally sharp. Exercise are generally ground into three types depending on overall effect they have on the human body and they are discussed as below

- Acrobic exercises such as cycling, walking, running, hiking, and playing tennis. They focus on increasing cardio vascular endurance.
- Anacrobic exercises such as weight training, they increase short term muscle strength.
- Flexibility exercises such as stretching. They improve the range of motions of muscles and joints.

### 3.1 Calories burn per hour

Type of physical activity	Amount of calories burned/hour
Walking	245
Bicycling	420
Running	560
Jogging	490
Aerobic – dance	600
Circuit training	565
Karate or Kick boxing	705

### 3.2 Seven benefits of regular physical activity.

- Controls weight
- Combats health conditions and diseases
- Improves mood
- Boost energy
- Promotes better sleep
- Puts into shape
- Gives fun.

So exercise at least 30 minutes per day, 150 minutes per week.

**Conclusion:** To maintain a good health and wellbeing, it is necessary to have a proper diet and balanced physical activity.