

“GOOD HEALTH MEANS GOOD LIFESTYLE,

HEALTH IS LIFE HAPPENING FUNCTIONFULLY

Have you ever thought about what actually you are doing for your health?

And how many percent you are doing it on right way?

Some of us are confuse about health myth and truth!

Let's go through today's scenario, we all have enough knowledge about health but we don't know how to apply it on our precious body. People always end up with experiments without any observation. it is not about how conscious you are it is all about how positive you are living. For instance, people can be compared with the two sides of a coin. One side of coin would be the people who are over possessive about their health often turn up to get more disease and the other side of the coin would be the person who live stress free lifestyle lives longer.

Human's basic demand for living is food, water and work. Now take 2 min and think about your daily routine from what

you drink first to eat last. Fitness and mental wellbeing are essential parts of healthy life. The benefits of an active and healthy lifestyle are undeniable by all means.

Food provides the fuel for us to function, to move, to grow and to repair our body. If we don't eat we die but along with HEALTHY EATING there is most important aspect that improves physical appearance , mental fitness ,ability to perform activities, maintaining happy mood and boots our energy that is HEALTHY LIFESTYLE.

Health can be generally measured by 3 parameters: PHYSICAL, PSYCHOLOGICAL AND NUTRITIONAL. Protecting your body from harmful substances, doing regular exercises ,having proper food and lifestyle are some important instances that define HEALTHY LIFESTYLE .but nowadays people are running on a wrong path by pushing their body on starvation and crash diets and not taking proper food in terms of nutritional value.

Things to be done for maintaining HEALTHY LIFESTYLE

- Keep your body hydrated
- Qualitative sleep
- Daily eating of colourful fruits and vegetable
- Eating healthy and locally seasonal food
- Deep breathing and meditation
- Regular exercise

➤ Positive outlook towards life

The way towards healthy and active wellbeing is to focus on making healthy choices at giving time rather than postponing it. Leading a healthy lifestyle leads to happiness, success and achievement.

All of it is simple , A body it has everything to create only you have to do is use your body to fight with aging process , and pump energy level by completing natural cycle.

Apply at least 21 days for healthy change to happen. Work with balance between exercise, sleep, diet and lifestyle.

HEALTH IS NOTHING BUT IT'S NATURAL WAY OF LIVING
SO STEP ON LIVING A NATURAL WAY, HEALTH WILL FOLLOW.

Figure 'n fit

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