



MAINTAINING GOOD HEALTH DEMANDS A COMBINATION OF HABITS, EXERCISE, AND LIFE CYCLE STRATEGY.

Dr. Yuwraj Shrivastava*Dr. Vinod Kumar

Associate Professor, Department Of Physical Education ,lovely Professional University ,
Phagwara, Punjab .

Associate Professor, Department Of Hindi ,lovely Professional University , Phagwara, Punjab .

Abstract:-

The key components of health are having happy parents, a happy home, a healthy diet, a clean environment, and a fulfilling employment in a nice neighborhood. A beautiful, smoothly running car is the product of adequate maintenance, just as health is the reward for taking care of the body. Health is not just the absence of disease; rather, it encompasses the totality of one's physical, mental, and social well-being, together with the enjoyment of the best possible standards of health. Every person has a fundamental right to health, which is also essential to achieving peace and security. A healthy individual is one who has the capacity to think clearly and execute any type of work. This subject will continue Health care needs, causes of health issues, and recommendations for improving human health.

Keywords: Diet, Mental Health Exercise, Habits, and life cycle

Introduction

Healthy parents, a joyful home, a wholesome diet, a tidy surroundings, and a fulfilling career in a secure setting and lovely surroundings; these are crucial components of health. Health does not happen by accident or by chance. The benefit of taking adequate care of the body is health, just as a beautiful appearance is. smooth operation A well-maintained motor car is the outcome. The human body is more amazing than a radio, television, or a car because when these items are damaged or not in functioning order, a mechanic must fix them. Can an automobile become bigger or have kids, another question? No, is the response. But on the other side, God created something in the body's extremely intricate structure. The ability of the human body to grow, repair, and reproduce itself in children, as well as the ability of the heart to beat and the lungs to breathe while we sleep, as well as the fact that all the food we eat acts as fuel to propel us even when we are



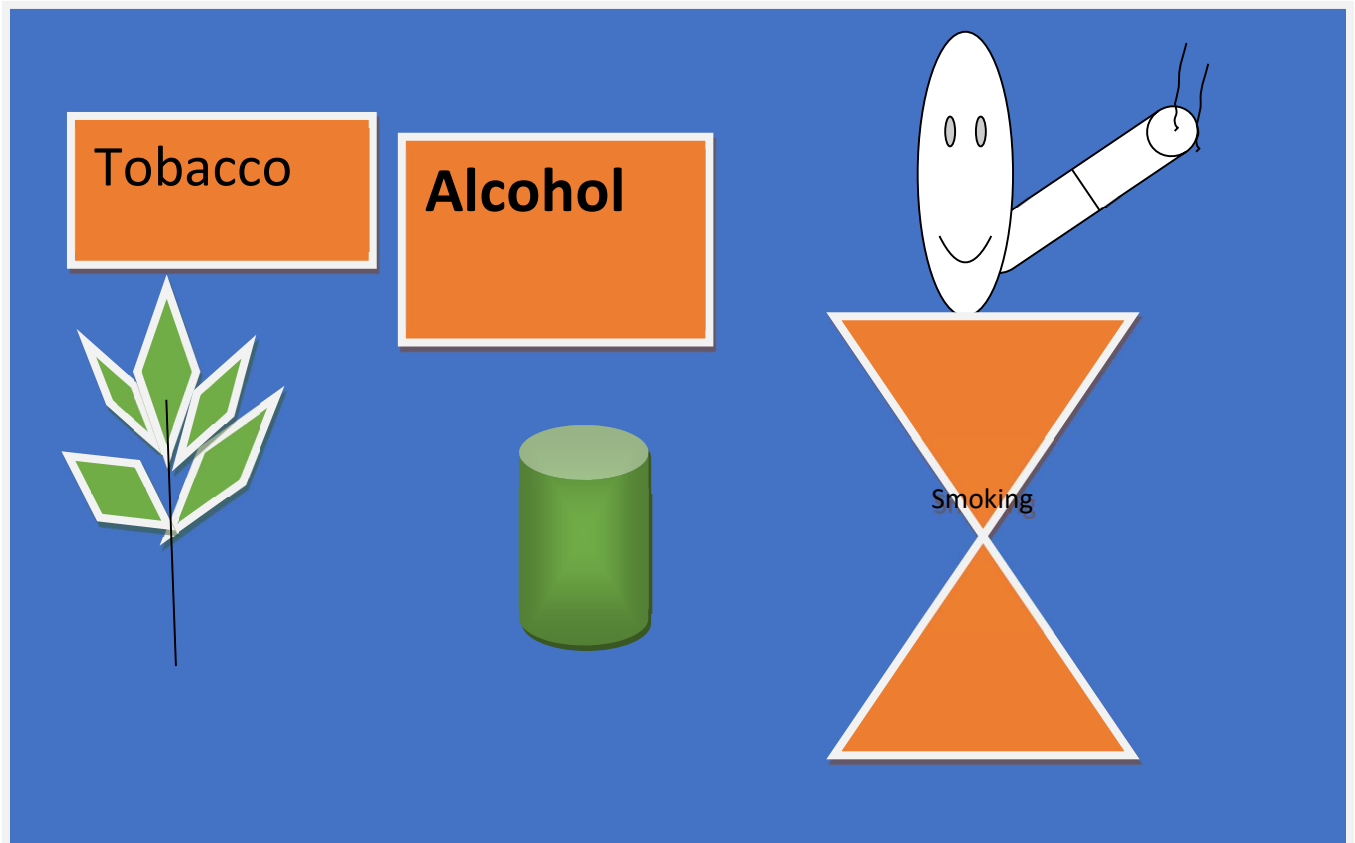
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standing up straight, are wonderful activities. One needs to be knowledgeable about health care, the meaning of health education, the significance of health education, the causes of diseases, the names of diseases, and how to overcome diseases in order for this amazing body to function properly.

Education needed in health

Today, there are a lot of people who die suddenly in accidents, some of whom have various nutritional issues, some of whom have hearing or vision issues, many of whom have emotional issues, some of whom are unable to make ends meet due to a lack of suitable food to eat. In such situations, the need for and significance of health education expand significantly, making its inclusion in the curriculum of schools, colleges, and other sectors important.

Alcohol and tobacco use patterns Alcohol use and smoking use are both dangerous habits.



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Tobacco is a slow-acting, harmful, and cancerous poison. Simply put, it is a very expensive method to end one's life every year.

It also reduces mental capacity. The nerves are first excited, then paralysed. Smoking is a key contributor to heart disease, high blood pressure, and mouth cancer. Children and young people

who smoke lose strength, have smaller bodies, duller minds, and morally corrupted behaviour. Alcohol consumption is another serious unhealthy habit. Alcohol is available in a variety of forms, including whisky, gin, rum, brandy, wine, beer, etc., some manufactured from grains and others from bananas and other fruits, but all alcoholic beverages are harmful. affects the nervous system's functioning, which can cause sadness, increased excitement, a loss of sensibility, attacks of unconsciousness, and other diseases that remain in the body forever and cause death. hol makes you uneasy. Drinking tea and coffee are harmful for human body. It affects the nervous system directly. Headaches and nervousness often result after the frequent use of tea or coffee. It leads to the stomach ulcer also. Drinking water with meal is also bad for stomach.

Guidelines for living a healthy life:

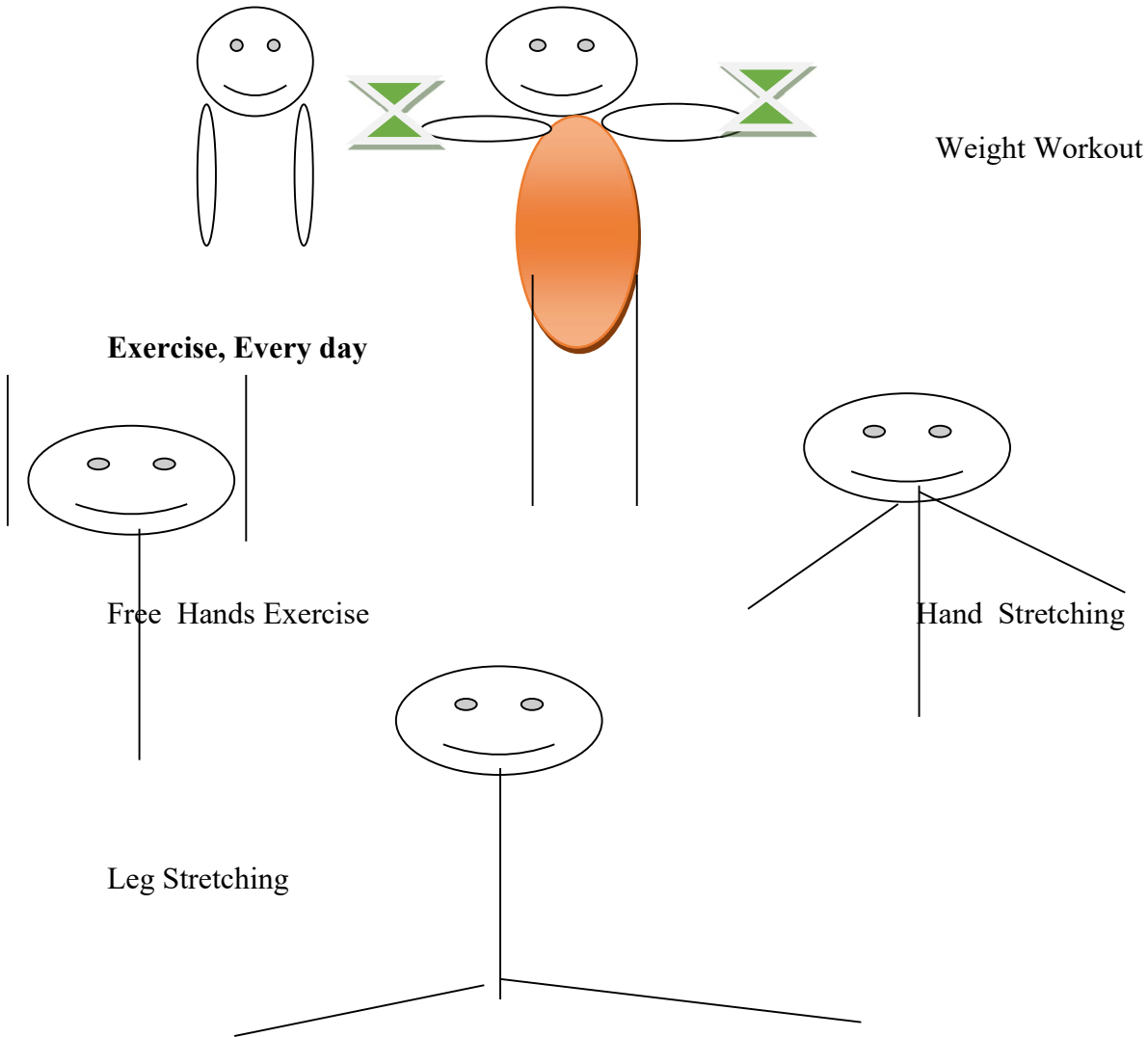
If a person wants to look beautiful and move well, he or she should abide by some health-related rules



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Workout each and every day

One of the most crucial rules of health is exercise, even though that it receives the relatively less attention. Exercise is essential for the blood, lungs, and nervous system in addition to maintaining healthy muscles. The brain and nerves function better after a regular daily workout because they get a better supply of food and oxygen. Gardening during brisk walking is a great workout. Exercise also strengthens a man's body, mind, social skills, and emotions.



Good Eating Practices

Eating the correct foods affects the body's total energy. Our bodies are made up of cells, which are further composed of the items we eat, much as houses are formed of bricks. Water and minerals are components of every cell. vitamins, carbs, fats, and proteins. They are all derived from food and drink. To get all the necessary building blocks, we need to eat a variety of foods.

, the nutritional needs of our entire family will be very well addressed, and this will enable us to stay in shape.

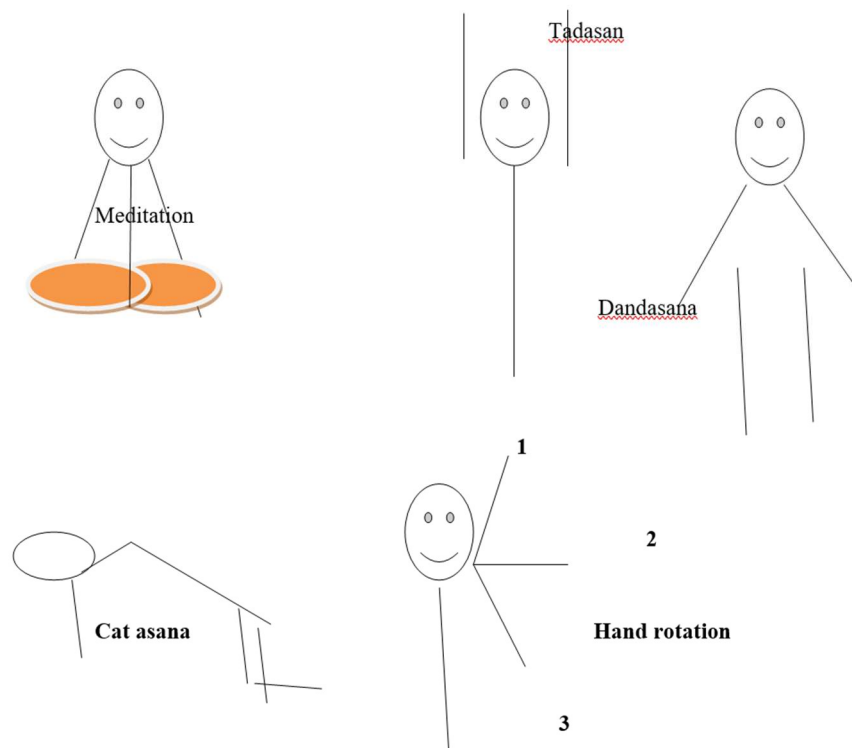
Following are the food groups:

1. Vegetables that are green and yellow
2. Leafy green and yellow veggies like carrots, pumpkin, spinach, and cabbage (for iron).

3. Eat at least two servings of fruit per day, such as apples, bananas, pineapples, mangoes, guavas, and paw-paws.
4. Vegetables, such as potatoes, sweet potatoes, peas, beans, onions, and soybeans, at least two servings every day.
5. Milk and dairy products such as cottage cheese, cheese, and curds.
6. Foods high in protein, such as eggs, beans, peas, soybeans, and groundnuts.
7. Breads and cereals made from entire grains.
8. A modest amount of fat or oil, such as groundnut oil, butter, cream, etc., each day.
9. eat only hygienic foods
10. A nighttime meal should be the smallest.
11. regular eating schedule.
12. well-cook meal
13. Bring all the water to a boil.
14. You should chew your food thoroughly.

Using yoga meditation with asana to reduce stress

Stress is an added pressure placed on the body. Meditation can help. Heart, blood vessels, lungs, neurological and musculoskeletal systems all become more active during stress. By meditation, one can develop a strong and focused mind that allows them to handle pleasure and happiness as well as sorrow and misery without losing their mental stability.



Positive emotions encourage health

The virtues of hope, courage, faith, love, and sympathy enhance health and lengthen life. Solomon once said, "A cheerful heart does good like a medication" Health for body, mind, and soul will be enhanced by an attitude of thankfulness and praise. Natural law dictates that both good and evil actions are encouraged by our thoughts and feelings. If we speak positively, joyful events take place, and ourThere will be stronger emotion. It is unquestionably true that "a healthy mind

wrong drinking behavior

Tea and coffee use is bad for human health. It directly has an impact on the nervous system. After drinking tea or coffee frequently, headaches and jitteriness are common side effects. Moreover, it causes stomach ulcers. Water consumption with meals is also unhealthy for the stomach.

Avoiding alcohol, cigarettes, and drugs

Without a doctor's prescription, no one is permitted to purchase any medication from a medical shop. Mouth cancer is caused by tobacco use; alcohol has little nutritional value. It reduces the effectiveness of the heart, lungs, brain, muscles, and other organs and causes the nervous system and the brain to be out of sync. Drug use, alcoholism, and smoking addiction should be avoided at all costs.

Conclusion

It has been claimed, and rightfully so, that better health is the ultimate prerequisite for fulfilling one's obligations. No legislative or governmental action, or even the dread of a disease, can stop the pollution of our internal environment if health is polluted by bad habits, unless and until man is wholly committed to the cause of his good health.

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