

# Steps to Maintain a Healthy Lifestyle

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Date: \_\_\_\_\_

## OUTLINE

### I. Introduction

### II. Steps to ensure a healthy lifestyle as a teenager

- A. Ensuring good eating habits
- B. Getting adequate night sleep
- C. Being conscious in the use of the internet and social media
- D. Performing daily physical exercise
- E. Learning stress management
- F. Avoiding smoking and drug abuse
- G. Focusing on education and acquiring skills
- H. Cultivating positive mindset
- I. Acquiring interpersonal skills
- J. Being connected to family members and friends

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Day: \_\_\_\_\_

Date: \_\_\_\_\_

### III. Advantages of maintaining a healthy teenage lifestyle

A. Personal and professional success

B. Emotional well-being and peace of mind.

C. Healthy relationships and strong social connections

D. Physical well-being and extended life-span

### IV Conclusion



# Steps to Maintain a Healthy Lifestyle as a Teenager

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Date: \_\_\_\_\_

Of all the important aspects of a good life, a healthy lifestyle is arguably the most important and yet one of the most ignored, especially in this modern age. As a teenager, it is even more crucial to adopt a healthy lifestyle, as teenagers are highly likely to carry on their learned behaviors throughout their lives, affecting every aspect of their future life. A healthy lifestyle, in a nutshell, is the sum of all such habits that ensure an individual's physical and mental well-being along with good social, moral, and economic status in society. The most important steps for a teenager to maintain a healthy lifestyle include acquiring good eating habits, getting good night sleep, and balancing the time spent online and in physical interactions. Additionally, performing physical exercise, avoiding drug abuse, and learning stress management are other key aspects of a healthy lifestyle. By internalizing these crucial steps (an individual) a teenager will acquire physical as well as emotional well-being along with personal and professional success in future endeavors.

Good in basic

To begin with, maintaining



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Date: \_\_\_\_\_

Day: \_\_\_\_\_

good eating habits is the foremost crucial step towards a healthy lifestyle as a teenager. Human body requires balanced diet — consisting of (both) various macro- and micro nutrients — to function effectively. Eating a combination of healthy food such as whole grains, meat, fruits, vegetables, and dairy products will ensure that the body get all those nutrients. On the other hand, eating junk food only does not suffice for all the bodily nutrient requirements. The famous saying, "You are what you eat," succinctly elaborates importance of being aware of what is consumed. Ultimately, taking care of eating habits is necessary to ensure a healthy lifestyle, ascertaining proper brain and body functioning.

In addition to eating healthy food, getting proper sleep at night is also the crucial step towards maintaining a healthy lifestyle. Sleep is not only an indispensable requirement of all human beings, it is actually important to regulate our mood and body functioning. According to the latest research by neurological scientists, the human brain drains out harmful chemicals <sup>during</sup> (while) sleep, which is a necessary process to maintain emotional health. People who do not get 6 to 8 hours



Day: \_\_\_\_\_

Date: \_\_\_\_\_

of night sleep show a significant reduction in their work efficiency. Therefore, as a teenager, it is strictly advised to keep check of a good sleep for maintaining a healthy lifestyle.

In today's digital world, being conscious of the use of the internet and social media is highly essential for maintaining a balanced approach in life. Although the internet and social media has provided a plethora of benefits such as information and digital communication, its irresponsible use causes lethargy, wastage of time, and addiction. Moreover, spending a lot of time online steals one's time to interact with family and friends, making an individual prone to isolation and anxiety. According to an article of the Healthline website, spending a lot of time online reduces an individual's ability to physically connect with people and make friends due to weakening of interpersonal skills. Hence, being conscious of the use of digital tools is very important for guaranteeing a healthy teenage lifestyle.

Performing daily physical exercise is another strategy to ensure a healthy teenage lifestyle. Physical exercise, such

Day: \_\_\_\_\_

Date: \_\_\_\_\_

as brisk walking, running, or push-ups, is are essential to prevent various types of diseases, particularly cardiovascular diseases. It is also proven to be effective in providing confidence and delighting the mood. It is because physical exercise triggers the release of dopamine hormone by our brain, a chemical that provides us the sense of pleasure. For teenagers, self-confidence is essential to embolden them to seize opportunities and achieve success. For that matter, physical exercise is the key strategy for teenagers to assure a healthy lifestyle.

On top of that, learning stress management is crucial for mental well-being. There are many causes of stress in teenagers, such as examinations stress, stress due to social media factors, anxiety due to bullying, and others. To maintain these stresses means to stop them from causing health issues. Parents, teachers, and friends are essential source of guidance for stress management. Moreover, Hundreds of free tutorials are available on YouTube that are prepared by psychological experts to teach young people about managing their stress. Teenagers must take time to watch these tutorials



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Date: \_\_\_\_\_

or consult professional psychiatrists who will help them get over their stress problem. As the world is now changing at an unprecedented rate, learning stress management is highly crucial for teenagers to ensure their emotional wellbeing.

Abstaining from smoking and drug abuse is very critical for healthy lifestyle, as these activities lead to life threatening outcomes. Smoking is a major cause of lung cancer, which is a deadly disease. Drug abuse, on the other hand, leads to various health complications including weak memory, psychological disorders like hallucinations, heart failure. Moreover, it also tarnishes self-image as well as social reputation. It is widely observed that the family members of habitual smokers also have lung-related problems due to passive smoking. For teenagers to maintain a healthy lifestyle, avoiding smoking and drug abuse is critical to prevent health deterioration.

Equally important step for healthy lifestyle is focusing on education and skill acquiring. Knowledge increases the worldview and provides insight into new realms of life. In this modern world, upskilling and reskilling is very essential for socioeconomic

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Date: \_\_\_\_\_

development. Ultimately, a good socioeconomic status provides peace of mind and provides us the (potential)<sup>x</sup> to lead a happy and fulfilling life. <sup>resources</sup> As explained by Maslow's hierarchy of needs, a person shifts towards higher goals after his basic socioeconomic necessities are fulfilled. Therefore, acquiring education is crucial for teenagers to lead a fulfilling and healthy lifestyle.

Cultivating a positive mindset is another significant step for teenagers to attain a healthy lifestyle. In other words, a teenager must learn to foster positivity and avoid negativity about oneself and others. A positive mindset includes focusing on the brighter side and hoping and struggling for success in the future. A person with a positivity mindset is free of unnecessary stress and anxiety and endeavors to improve himself after a setback instead of giving up. It is widely observed in the society that people with a positive mindset have better relationships with others and attain more success. Therefore, to ensure a healthy lifestyle, teenagers must strive to cultivate a positive mindset.

Furthermore, acquiring interpersonal skills is (an other)<sup>x</sup> another



Day: \_\_\_\_\_

Date: \_\_\_\_\_

necessary step for attaining a healthy lifestyle. Interpersonal skills are those skills that help a person in better communication and engagement with other people. They include learning how to convey your thoughts and feelings and also understand others thoughts and feelings effectively. Better relationships are necessary not only to fulfill the physical needs of a person, but also play major role in mental wellbeing. Experts have now put interpersonal skills in the top ten skills necessary for success in life. As a result, interpersonal skills are a must for teenagers to work on for a happy and healthy lifestyle.

Lastly, being connected to family members and friends is also essential aspect of a healthy lifestyle. Humans are social animals, (which) who require connection to other human beings to fulfill their necessities from birth to death. An individual's family and friends are a source of compassion in difficult times. They are also support mechanisms when the person is in physical needs. For instance, when a person falls ill, he is in dire need of the support of his family and friends, even for performing basic chores. Thus, it is proven that <sup>forming</sup> connection with family and friends is an essential step towards attaining a

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Date: \_\_\_\_\_

healthy lifestyle.

There are numerous advantages of maintaining a healthy lifestyle as a teenager. The foremost among them is undoubtedly personal and professional success in future. Leading a life of discipline and focusing on healthy choices in life paves the way towards success. It is because a healthy body and mind is necessary for performing necessary endeavors to succeed in life, including studying, working as an employer or entrepreneur, and so forth. Conversely, an unhealthy person who had not focused on his health earlier in his teenage life struggles due to diseases, anxiety, and other socioeconomic turmoils. Therefore, a healthy lifestyle guarantees personal and professional success.

(In addition)<sup>2</sup> Moreover, emotional wellbeing and peace of mind are other fruitful outcomes of leading a healthy lifestyle. An individual having a healthy body leads to happiness and serenity of mind. The quotation, "A healthy body leads to a healthy mind," captures the importance of physical fitness. In addition, better relationships also provide a sense of



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Date: \_\_\_\_\_

inclusivity in the society and prevent anxiety triggered due to exclusion and isolation. Hence, it is evident that a healthy lifestyle assures emotional wellbeing and peace of mind for teenagers as well.

In conclusion, there are numerous steps to maintain a healthy lifestyle as a teenager, which guarantee a successful and fulfilling life. The most important ones being performing routine physical exercise, learning stress management, and avoiding substance abuse. In addition, focusing on acquiring skills, cultivating positive mindset and forming strong relationships with family members and friends are also crucial aspects to focus for a healthy lifestyle. Advantages of a healthy lifestyle include personal and professional success, emotional wellbeing, and extended life span. Teenagers must strive to stick to healthy habits so that they play their active role for the betterment of the world in future.