

Topic:

Importance of healthy lifestyle in healthy living.

Humans enjoy the liveness of life when they are healthy.

Health is what we are putting into our lives. It is just the choices of the possible options that we made in our daily life.

Healthy lifestyle involves different practices, a balanced diet and regular exercise, that which leads toward physical fitness. Instead to perform some physical activity, most of us prefer sedentary lifestyle. In medical term, Psychotic.

Lifestyle is used when any or irregular physical activity is a part of lifestyle. Being a seamless lifestyle, it is easier to sit around TV, computer or something else instead of performing any physical activity. This will lead to many malacious effects. First and foremost, it increases the body weight of an individual which is the mother of many diseases. The most fatal one is the coronaric arrest which is due to the blockage of blood supply towards heart. The cholesterol rises, due to excessive fats, which that obstructs the heart arterioles and coronaric arrest is the ultimate result. According to the study, the chances of heart diseases

is 52% for men and 28% for women. Secondly, the regular exercise also enabled the body to use the blood glucose efficiently. Whereas, due to lack of exercise results, the blood sugar level rises which puts more pressure on pancreas. This increases the risk of diabetes type II. Thirdly, decreased activity leads to increase the likelihood of certain cancers such as breast cancers and colon cancers etc. According to the study in Duke, the physical inactivity can be 45% for men and 28% for women. Furthermore, human's muscles have the potential to hold the weight of whole body. However, the inactive lifestyle will bring the onset of

osteoporosis, weak and fragile bone, and arthritis much earlier. Due to being a sofa potato, the muscles supporting the spinal cord can be reduced to become weak and stiff. As in inactive state, the body feels relaxed all the time, this will lead towards insomnia.

~~On~~ On the contrary, there are infinite benefits of healthy lifestyle for people of all ages, weight and abilities. Some of them are:

low health care cost, less number of ~~at~~ medical checkups, decrease in illness, weight loss, stress reduction and increased self-image and self esteem.

Along with, the risk of diseases that includes heart diseases, osteoporosis, insomnia, asthma, high blood pressure

blood pressure, diabetes
and other cancers
~~are~~ pathologies decreases
many fold. Therefore, healthy
lifestyle is the backbone
of healthy living.