



International Journal of Medical and Exercise Science

(Multidisciplinary, Peer Reviewed and Indexed Journal)

ORIGINAL ARTICLE

**AN ARTICLE ON PREVENTING HEALTH THREATS AND
LIFE STYLE DISEASES THROUGH LIFE STYLE CHANGE**

Search engine:
www.ijmaes.org

Dr. Anish Babu P.V¹, Mr. Bestine C Michael²

Author:

¹Physical Education Teacher, The High Range School, Tata Global Beverages Limited, Munnar, Kerala, India.
E-Mail: mranishbabu@gmail.com

Corresponding Author:

²Asst.Prof. St. Xavier's College Vaikom, Research Scholar, Calicut University, Kerala, India.
E-Mail: bestinecm@gmail.com

Abstract

Aim of the Article: The propose of this article is to bring the attention towards a method to overcome the barriers of lifestyle diseases .This article discuss about the ways and means to defend the lifestyle diseases and to provide a tool to tackle this threat. **Methods:** The information on life style related to health problems collected from different medical journals. Life style of a person or a society is absolutely playing a vital role in deciding the health, recovery and quality of life of them. So some lifestyle changes improve fitness and quality of life and decreases the risk of many different diseases or disorders. **Result:** This article reveals the components, threats and challenges for leading a healthy/positive life style. So we can conclude that the one who is leading a healthy life style is the one who is leading a positive life style. The article describes the important to have positive healthy life style to overcome the challenges of lifestyle disease. **Conclusion:** Contemporary life style in the country have resulted in may new generation daises in the society and most of them are due to an imbalanced lifestyle .The article can invite the attention to a way of life change to tackle the lifestyle diseases.

Keywords: Lifestyle diseases, quality of life, threats and challenges of life.

Received on 23rd February 2016, Revised 27th February 2016, Accepted on 29th Feb 2016

INTRODUCTION

Life style is the typical way of life of an individual, group or society. Or lifestyle generally means a pattern of individual practices and personal behavioural choices that are related to elevate or reduce health risks. It is also defined as “a way of life or style of living that reflects the attitudes and values of a person or a group” (American Heritage Dictionary).¹

METHODS

The information on life style related to health problems collected from different medical journals. Life style of a person or a society is absolutely playing a vital role in deciding the health, recovery and quality of life of them. So some lifestyle changes improve fitness and quality of life and decreases the risk of many different diseases or disorders.²

Life style diseases:

Life style of a person or a society is absolutely playing a vital role in deciding the health, recovery and quality of life of them. It is usually seen fact that conditions such as heart diseases, cancer and diabetes are spreading due to the lifestyle changes of persons and society. There are a number of research studies which shows that life style play a huge role in deciding the health and fitness of a person. It is a fact that many health problems can be prevented or minimised by having a healthy life style.³

Life style is a way a person leads his life. It includes the patterns of social relation, consumption, entertainment and dress. Life style is expressed in many ways like:

a) Attitude, b) Interest, c) Values, d) Opinion
e) Activities, f) Behaviour g) Response to incidents, h) Emotional stability .So it can be said that the lifestyle of a person or a society play very important role in deciding the health and wellbeing of a society.⁴

What is Positive Life Style?

Positive life style is Healthy life style .To attain positive life style we need to bring changes in our unhealthy life habits. So some lifestyle

changes improve fitness and quality of life and decreases the risk of many different diseases or disorders. For example who have poor lifestyle in taking a diet having great chance to face the problems like heart dieses, cancer, BP or Stroke in their life? An Unhealthy or negative life style can lead a person to face the following health threats like; Heart Dieses, High/ low Blood Pressure, Stroke, Obesity, Diabetics, Arthritis, Asthma, Incidents of Cancer and Depression.⁵

A person who leads a healthy life style /Positive life style has got better advantages in preventing many health problems due to ageing. It keep us healthy and young in heart (cardio fitness), strong in muscles (muscular strength), hard in bones which will enable him/her to overcome most of the new generation diseases.^{6,7}

So we can conclude that the one who is leading a healthy life style is the one who is leading a positive life style. Preventing Health threats throw Positive Life Style. Adopting or maintain a healthy lifestyle is not a bed of rose. It requires: Enthusiasm, Compassion, Consistency, and Courage. Generally a positive life style includes habits such as Regular Exercise. Regular exercises help a person to expend his energy in a positive and healthy manner. Doing even a bit of exercises is better than doing nothing at all. Regular physical activity or exercise helps in preventing obesity, high blood pressure, constipation, depression, stroke, diabetes, and other health treats. Moderate physical exercise should be performed six days a week and at least 45- 60 minute per day (vary depend up on age and health conditions).The individual who find time to do exercise at least for 12 minute may also get some sort of benefits. It includes walking, jogging, running, cycling, swimming, participating in sports, performing dance, performing hiking, working at farm etc.⁸

Positive/healthy Eating Habits:

Positive eating habits can help a person to control a couple of disease .A diet that includes plenty of vegetables ,fruits, whole grain cereals and breads will make a person

active and healthy that enable him to supply the needed supplements to the body . A positive eating habit will keep away the diseases like muscle degeneration, renal stones, dental disorders and osteoporosis.

Maintaining positive/healthy weight over weight and obese people often experience increased mortality from cancer of colon, breast and kidney. We need to be careful with our BMI, one should make sure that it is not exceeding to 24.9 which might make to sick/unhealthy with saviour health risks. Cutting the calories, avoiding fatty, junk food ,quitting fast food, avoiding over eating ,overeating of carbohydrate and fat food will help to keep a positive weight management.⁹

Sufficient Sleep; Sleep affects the mood and mental and emotional stage of a person. Sufficient sleep is necessary for a positive life style because it will keep an individual away from fatigue or excretion.

Quite for smoking and alcohol; Quitting of alcohol and tobacco are very important to maintain positive life style. Both of these substances are addictive which make to users to continue as a enhancer. Alcohol effect the nerves system it imbalance the body after consumption and led to major health problems like problems related to lever and kidney, cancer, lever damage etc. I will weaken the muscles and nerves. Tobacco users will have great risk to have increase blood pressure, stroke, cancer etc.

Limit the use of Electronic Gadgets: Research studies have proved that by limiting the use of electronic equipment's like TV, computers, mobiles etc. will significantly make people active. The over use of these tools reduce the chance of a person to make movement. It improves the change of heart dieses, cholesterol etc.

RESULT AND DISCUSSION

Major Components of Positive Lifestyle: No doubt that positive lifestyle is very precious for all of us for leading a better today and brighter tomorrow. Because it is a fact that

positive lifestyle reduces the chance of many life threats, health challenges and dieses and also improves the quality of life. So for keeping us in proper health or to overcome the lifestyle dieses we should lay stress on different components of positive lifestyle. They are as follows: Physical Activity, Healthy Diet, Personal Hygiene, Proper Sleep, Stress Management, Balance in Life, Socialization, and Environment.

Physical Activity: Edward Stanley Says "Those who think they don't have time for physical exercise will sooner or later have to find time for illness". Aerobic exercises such as jogging ,running ,cycling etc will keep the cardio vascular system more efficient which will reduce the chance of heart dieses .Regular exercises will help a person to maintain his general strength and flexibility also .At the same time it reduces the obesity and overweight and enhances fitness.

Healthy Diet: Healthy diet or good nutrition is one of the main components of positive lifestyle .We need to keep a diet with products like nutrients, minerals and vitamins which are necessary for daily life .It will keep up the need for the body's requirements. It is important to minimize the saturated fat and food laden with sugar and salt.⁹

Personal Hygiene: One should lay stress on personal hygiene too to achieve a positive lifestyle. It includes cleanliness of hand, nose, ear, eyes, teeth, tongue, feet, hair etc. because spreading most of the communicable diseases can be prevented by this.

Proper Sleep: Insufficient sleep will cause the release of cortical from the body which will lead to heart diseases .Also lack of sleep will cause fatigue or tiredness .It will have a great influence on the chemical balance of the body.

Stress Management: It is very popular that the stress causes the development of stress hormones which will cause heart diseases. Emotional imbalance or stress will have a direct link towards over eating and less consumption of food. It might become a

reason to start getting addicted to smoking or consumption of alcohol. So for a positive lifestyle health of mind and emotion is important.¹⁰

Balance in life: Physical, mental, emotional and spiritual balance in life is very important for positive lifestyle. One should be able to balance his social, family and spiritual life for leading a positive life. Imbalance in any one of this will make a person fall in to stress. So it is important to have a balanced life for a healthy lifestyle.¹¹

Socialization: A person aiming for a positive lifestyle need to develop a good social relation in the society. To be social is a good sign of positive lifestyle .sharing and caring of knowledge will take place when people get socialised.

Environment: Living environment is a key factor that determines the physical, psychological, emotional and social well-being of a person. When the environment is safe the person's life will become healthier.

CONCLUSION

To conclude, it can say that the major lifestyle threats/diseases in the present world can be prevented by changing in to or adopting a positive life style. The above mentioned details show the important ways of positive life style in daily life in the society.

REFERENCES

1. Willett, W. C., Balancing life-style and genomics research for disease prevention. *Science* 2002; 296; 695–698.

2. US Surgeon General. Surgeon General's report on physical activity and health. *JAMA*. 1996; 276(7):522.
3. National Institute of Health (NIH) Consensus Development Panel. Physical activity and cardiovascular health. *JAMA*. 1996; 276(7):241–246.
4. Sharma VK, Health and Physical Education (XI) 2015:13-22
5. Morris JN, Crawford MD: Coronary heart disease and physical activity of work: evidence of a national necropsy survey. *Br Med J* 1958, 2:1485-96.
6. George SJ: Lecture Lyman Duff Memorial. Lifestyles, major risk factors, proof and public policy. *Circulation* 1978, 58:3-19.
7. Kannel WB, Dawber TR, Kagan A, Revotskie N, Stokes J: Factors of risk in the development of coronary heart disease-six year follow-up experience. The Framingham Study. *Ann Intern Med* 1961, 55:33-50.
8. Gibson WM: Can personalized medicine survive? *Can Fam Physician* 1971, 17:29-88.
9. Mozaffarian D, Hao T, Rimm EB, Willett WC, Hu FB: Changes in diet and lifestyle and long-term weight gain in women and men.
10. Chainani-Wu N, Weidner G, Purnell DM, Frenda S, Merritt-Worden T, Pischke C, et al.: Changes in emerging cardiac biomarkers after an intensive lifestyle intervention. *Am J Cardiol* 2011, 108:498-507.
11. Oschman J. L., "Chronic disease: are we missing something?" *Journal of Alternative and Complementary Medicine*, 2011 vol. 17, no. 4, pp. 283–285.

Citation:

Dr. Anish Babu P.V and Mr. Bestine C Michael, An article on preventing health threats and life style diseases through life style change , *IJMAES*, 2016; 2 (1),118-121.