

Simple Lifestyle Changes To Prevent Lifestyle Diseases

Today more and more people are falling into the trap of various lifestyle diseases like obesity, heart attack, diabetes, hypertension, (High blood pressure) depression and even cancer.

What is more concerning is that the occurrences of these diseases are becoming higher among youth and even small children are affected by the same. Blame it on a hectic and tight busy work schedules, smoking habits, alcohol abuse, sleepless nights, skipping meals, spending long hours in front computers and unhealthy diets and quick bites at coffee bars. To add this list are the evergreen culprits' fast foods and munching on sweets recklessly.

Lifestyle diseases, As the name suggests, are caused by lifestyle habits, and hence they can be prevented by following simple changes in day to day life. These changes can move you towards a better and healthier you; they say "Prevention Is Better Than Cure." Hence adopt these lifestyle tips, rest assured your body would only thank you for taking care of it

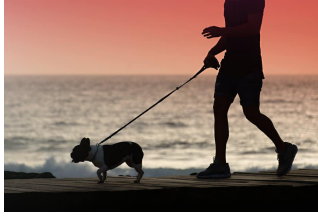
Dietary Habits

Due to a hectic lifestyle and a busy schedule, a lot of people these days depend upon foods from outdoor caterings, packaged and canned foods or fast foods. These are all unhealthy options as they are high in fats and sodium. Sodium and fats are the known causes of various lifestyles diseases like high cholesterol, heart failure, hypertension, and stroke. It is thus imperative to take a healthy diet, prefer to eat to homemade food and add healthy snacks to your diet. Follow the following dietary tips for healthy body

1. Take dry fruits like almonds, raisins, and walnuts as an option for a healthy quick snack.
2. Add fresh soups for dinner, including salads and fresh fruits during the day.
3. Include egg whites, lean meat and fish to add sufficient proteins to your diet.
4. Avoid junk foods and soft drinks as these cause you to feel bloated and cause acidity.
5. Add fiber rich foods like oats and fresh fruits and vegetables to your diet for a healthy heart and easy digestion. Includes cereals in your breakfast to get a complete dose of fiber in your diet.
6. Add Sugars and soft drinks, these do nothing but only add calories to your diet.

sugar

7. Avoid High one



Furthermore consuming sugar can lead to diabetes, hence avoid sugar intake and instead choose to in their natural forms from fruits.

sodium and do not sprinkle extra salts on foods. intake of salts leads to high blood pressure which is of the main causes of coronary diseases and stroke.

Instead of salt, sprinkle herbs on foods and salads.

8. Cut down on fatty and high calories foods.

Keep Yourself Hydrated

To wash out toxins from your body it is essential to drink at least 8 to 10 glasses of water every day. This will also help in keeping your body hydrated and your metabolism high.

Maintain weight

The root cause of most of the lifestyle diseases is excessive weight and obesity. It is, therefore, important to maintain an ideal body weight. Check your BMI and follow the BMI as per your age, weight, and height. If you surpass the BMI, it means you are suffering from obesity. Thus control your weight by managing your dietary habits.



Get Adequate Sleep

To get your body work in complete harmony, one should sleep for 8 hours every day. Sleep also helps in maintaining a sharp mind and keeps your refreshed.

Regular meals

Skipping meals mean that you will end up snacking on junk foods which are not good for your body. Hence to stay fit and healthy do not skip your meals.

Go Walking

To maintain a healthy body, it is essential to have an active lifestyle. If you can't go to the gym, ensure to go walking every day for 30 minutes.

Workout and Physical Activity

Now are aerobics. form of minutes. your



Instead of lifts, use stairs and park your car away from the office so that you can walk a little extra

days apart from the gym, many other forms of workout available, like Swimming, Yoga, Zumba dance and Choose the one that fits to taste and indulge in some workout at least five times a week for minimum 40 Also, try to walk as much as possible during the day. If work is a sedentary type, try taking a walking every two

Manage Stress

Stress is another cause of many diseases, hence avoid stress. Manage your stress meby reading books, meditation, and yoga. You can also manage your stress by indulging in some of your hobbie

Quit Smoking And Alcohol Abuse

Smoking is a known cause of cancer, hence quit smoking. It is also said to block arteries and reduces blood flow. These days you easily buy nicotine candies which help you in reducing the number of cigarettes you smoke. Take advice from your doctor if you want to quit smoking altogether. Similarly, avoid heavy boozing and drink in limits.

Adopt the above changes in your everyday routine, and you will see a difference in yourself. You will feel more fresh, relaxed, energized and light by making these simple changes in your life. Simply make these changes and stay fit and healthy and free of chronic diseases.