

HEALTHY LIFESTYLE: HEALTH IS WEALTH TO BE GAINED

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ABSTRACT:

HEALTH, a major factor which is left unconcerned now-a-days, No one has time to make sure that they follow a healthy lifestyle. Everyone is busy with their personal commitments and this is our sad reality. People should first understand that they need to be healthy to achieve their goal. People make more money, win friends and afford all the luxuries of life but don't forget that you are shortening your lifespan. Everyone wants to have a happy life but they don't know how to achieve it, the only key to have a happy life is to have a healthy body and healthy mind. Every single person is addicted to mobile phones and other gadgets and we forget that it causes a lot of damage to our brain and may even lead to stress. This leads to unhealthy mind and affects 'happy living'. Everyone should take charge of their life and have their main goal as to follow a healthy lifestyle to get a happy and peaceful life.

INTRODUCTION:

In this competitive and crowded world, everyone has forgotten to take care of their health. They start to run early in the morning which only ends at night. People now-a-days live only to earn money, eat and sleep and they don't have time to do anything else. At least we have to be right in these things which we do. We eat only to fill our stomach but we don't bother to know what is there in our food and what the quality of food which we take is. Everyone is caught up between professional commitments and personal issues and no one has enough time to do all these things.

BENEFITS OF HEALTHY LIFESTYLE:

Probably, we can say that our generation is the most unlucky one as we are stuck up with computers, mobiles, tab, burger, pizzas, late night parties etc basically everything is unhealthy. The reason why I said unlucky is because even though we have the whole world in our pocket, I mean the phone but we lack 'healthy living' which is very much essential to lead a happy life. Our ancestors lived a perfect and very healthy life which slowly deteriorated. The need to switch to healthy lifestyle is being stressed upon everywhere these days.

Healthy body + Healthy mind = Happy life

WAYS TO FOLLOW HEALTHY LIFESTYLE:

1) HAVE A HEALTHY DIET PLAN:

It's not that you always need to have a nutritionist to follow a healthy diet plan, it's you who have to care about your health so stop eating all that you see and take good care of your health and eat fresh fruits, veggies and organic food etc. You can eat sweet or junk food if you crave for it, may be once in a week but not every day.

2) SLEEP SOON AND WAKE UP EARLY:

We all have heard about a famous saying "Early to bed and early to rise makes a man healthy wealthy and wise". It's very important to get your sleep from 11pm to 3pm as your liver functions actively at that time and if you miss your one day's sleep at that particular time it cannot be compensated even if u sleep for a month.

"Healthy is the first muse, sleep is the condition to produce it".-EMERSON

3) EXERCISE:

Waking up early and exercising makes you energetic and active for the whole day. Exercising keeps you physically fit n active. It also boosts your metabolism.

"Those who do not find time for exercise will have to find time for illness".- EDWARD SMITH

4) HAVE POSITIVE SURROUNDINGS:

Your surrounding is created by you, the way you treat and behave with people is the same you get in return from others. Always have positive and motivating friends around you, you will obviously get a positive feel and surely they are your energy boosters and always love your family. They are the one who always support you and they are your stress busters who helps you to have a healthy mind.

5) MAINTAIN DISTANCE WITH YOUR MOBILE:

Never be a mobile addict as it can heavily damage your mind, body, internal organs, eyes and your appearance etc. you surely need to have mobile in this modern era but try to use only when it is essential.

MENTAL HEALTH IN INDIA – A REALITY CHECK:

Increasing numbers of farmer and student suicides indicates the mental health in our country. One of the most important areas, mental health, which is a part of the general health services, sadly is not given the attention it deserves. This area of the health sector should not

be neglected as, one can argue, is the most important indicator of a person's well being and for the social development of the country.

Some initiatives taken by the government to address this issue are:

- 1) The country has a medical Mental Health Act (1987), which simplifies admission and discharge procedures, provides for separate facilities for children and drug abusers and promote human rights of the mentally ill.
- 2) Other acts relevant to the mental health field are: the Juvenile Justice Act, the Persons with Disabilities Act and the Narcotic Drugs and Psychotropic Substances Act (amended in 2001).
- 3) In terms of resources, India has 0.25 beds per 10,000 population (0.2 in mental hospital).
- 4) The National Health Policy – 2002 incorporates provisions for Mental Health. However, no separate policy on mental health exists. The country has a National Mental Health Programme.

According to experts, India has a population of 20 million people affected by mental illness and only about 4000 psychiatrists to treat them. But, there are not enough institutions and hospitals to treat the ill. The private sector is also playing its part but not with significant success. (The India Today Group – HEALTHY LIFESTLYE)

HEALTHY LIFE HAPPY LIFE:

Healthy life includes:

- 1) Think positive.
- 2) Eat better.
- 3) Exercise often.
- 4) Feel good.

“You can't enjoy WEALTH if you are not in good HEALTH”.

People often run behind money by not considering their health but what they don't know is, you can enjoy what all you have earned only when your body and mind is in good health and people often get stressed due to overworking, day and night shifts etc all this is just because to earn money but slowly they are getting stressed and their mental health is getting worse.

HEALTHY

Isn't a goal

It's a way of living.

Don't think being healthy is though job or something which need hard work to achieve it is very simple to be healthy by being always positive and calm and it's the only right way of

living. Each and every person should feel very happy to follow ‘healthy living’ and be healthy.

CHALLENGES YOU FACE:

At first when you try to bring up a change in your life, people will ask you WHY you are doing it, Later when they see your amazing result they will ask HOW you did it and most importantly people interrogate that “Are you on a diet?” when you actually try to eat healthy and this is very silly, they have to understand that eating healthy and being on a diet is very much different.

“Those who think they have no TIME for HEALTHY EATING will sooner or later have TIE for ILLNESS”.

Do not consider being or eating healthy should get a particular time and your need to do it separately by specifying a particular time for it, it should be the way of your living and when you have a choice, always choose the healthier way.

CONCLUSION:

Our generation has forgotten that “HEALTH is all the WEALTH you need”. It is high time to stop all the unhealthy habits and look back to our healthy lifestyle and follow it. Health will take you where you want to go. Adopt a balanced lifestyle, eat healthy and stay happy. Stop saying “I WISH” and start saying “I WILL” and bring about a change. BEST OF LUCK!

REFERENCE

<https://WWW.indiacelebrating.com>