

# Importance of an Active Lifestyle

## ***Active lifestyle sets the stage for good health***

Researches have time and again proved and emphasized that an active lifestyle can be the key to building and maintaining healthy bones, muscles and joints; controlling weight; increasing self esteem; reducing stress; and promoting social well being in both children and adults .

And as if that weren't enough, physical exercise also plays a role in the prevention and treatment of some chronic diseases. *The federal Center for Disease Control and Prevention (CDC) reports that physical activity decreases the risk of high blood pressure, stroke, colon cancer, diabetes, breast cancer, osteoporosis, obesity and cardiovascular disease and helps in the treatment of high blood pressure, diabetes, osteoporosis and obesity.*

### ***Lessons of an active lifestyle taught early in life***

"Studies show that people begin to establish patterns of health-related behaviours during childhood and adolescence--sometimes even as early as the preschool years". Childhood obesity has become a major concern for health professionals world wide with everyday increase in the statistic number of children falling into the category of overweight or obesity. Health issues associated with overweight children are their risk of developing diabetes and hearth disease, some times even very early in life and also an obvious decline in the self esteem of an overweight child when he is often made fun of by his peers and family. Therefore it is very important to help children develop a positive attitude toward physical activity early in life.

### ***Lessons of an active lifestyle taught later in life***

The focus of aging research has switched from mortality and longevity to health status and quality of life. Researchers say, "No longer is it only important that one lives longer, but the quality of life in later years must also be considered". Living a healthy lifestyle is very important in older people and is positively related to a reduced risk and a delay in the deterioration in their health. It slows down the aging process and helps the older generation stay strong and healthy. Living a healthier lifestyle also slows down the disease development and contributes to a longer life.

## ***Psychological Benefits of Living a Healthy Lifestyle***

### ***Increased Energy Levels***

Feeling more energetic means more productivity in your day-to-day living. When your energy levels increase you will notice that you accomplish much more in your work life, as well as your personal life, which in turn will leave you with a greater sense of satisfaction knowing that you worked a very productive day.

### ***Reduced feeling of depression***

In many cases, a depressive mood can lead to overeating as an alternative to relieve the feeling which in turn can be more devastating cause as you put on weight, you feel more depressed and it becomes a vicious circle which makes you look fat and depressed. But everyday exercising can accomplish a healthy body and also exercising elevates hormone levels in the body that help regulate your mood.

### ***A Higher Self-esteem***

A fitness regimen offers many psychological benefits, but the biggest payoff comes from an improved self image. Achieving fitness goals leads to self confidence,

improved body image, self awareness and esteem. Most people overeat and gain weight because they are upset with the way they look. Many figure that if they already are fat, then being a little fatter won't matter much. However, if you stick to a healthy diet and exercise regimen that helps you lose weight and keep it off you will find that as your weight drops you will like yourself a lot more. Not just because you look better, but because of the hard work and dedication you put toward reaching your goals.

### ***Physical Benefits of an active lifestyle***

**Increased Fitness:** Fitness results in better coordination of muscles, and an increase in strength, flexibility and stamina. While improvements in these areas certainly help athletic performance, they also help reduce the risk of injury.

**Better Posture:** Poor posture is a major cause of injury, and often leads to big problems later in life. Exercising in proper form promotes better posture, as well as the strengthening and stretching of muscles that help you stand up straight.

**Fat loss:** Aerobic and strengthening exercises can result in weight loss when combined with a calorie-reducing diet. Without exercise, dieting can cause the loss of muscle as well as fat. An aerobic exercise regimen burns fat, while building muscle. This may mean less dramatic weight loss, but since muscle tissue burns more calories than fat tissue, the result is longer lasting.

**Improved Heart Health:** Though the symptoms of heart disease may not surface until middle age, the onset of disease can start taking place as early as the teens. Exercising for 20 to 30 minutes three times a week can reverse years of cardio-neglect. In fact, consistent, regular exercise actually strengthens the heart, resulting in more blood and oxygen flow throughout the body.

**Intellectual Gains:** The reasons aren't entirely understood, but several theories promote the effects of discipline and self confidence gained through working out. Fitness also helps the immune system, meaning better work performance, and fewer missed days of work and school. Exercise increases blood and oxygen flow throughout the body, including the brain. This may explain why studies have shown that those who exercise react more quickly to stimulus than their less fit counterparts, pointing to a possible link between motor and intellectual skills.

The importance of a healthy lifestyle in the prevention of disease is widely understood and most people know that lifestyle changes and choices can be critical in determining their health and lifespan. Living your life in a healthier manner will help create a strong body, strong mind and higher self-esteem. You need to have regular physical activity, eat lots of fruits and vegetables and a complete balanced diet. Nutrition is a key factor in the living of a healthy lifestyle. You need to look at what you eat now, lower your calories, make healthier choices (fruits and vegetables) and get educated about leading a healthy lifestyle.

***Be healthy, live a longer happier life, love yourself!***