

## IMPACT OF LIFESTYLE ON HEALTH

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### ABSTRACT

Lifestyle is a way used by people, groups and nations and is formed in specific geographical, economic, political, cultural and religious text. Lifestyle is directed to the qualities of people of any specific area in special time and place. This includes day to day behaviors and activities of persons in job, functions, fun and diet. According to WHO, 60% of related factors like human health and quality of life are correlated to lifestyle. Most of people follow an unhealthy lifestyle. Hence, they encounter illness, disability and even death. Problems like metabolic diseases, joint and skeletal problems, cardiovascular diseases, hypertension, overweight, violence and so on, can be caused by an unhealthy lifestyle. In present times mostly changes have occurred in life of all people. Exercise and healthy eating give main effects on the youth. The purpose of the research is to describe the impact of exercise and healthy eating on the youth's psychological, mental and social well-being. The research review in this paper is from reliable databases and e-journals. The results of the literature show that physical activity is recognized as a contributor to a range of positive outcomes in physical and mental health, social well-being and cognitive and academic achievements. As we find from the literature of review that people who exercise and eat healthy food have a higher chance of living a healthy lifestyle and less risk of getting diseases like type 2 diabetes, depression, cardiovascular diseases which are associated with lack of physical activity and bad choice of lifestyle.

**Keywords** – *Lifestyle, Adolescent, Diseases, Health, Environment.*

### INTRODUCTION

Nobody can ignore the usefulness of modernization on our daily life, especially on how much it makes life of human easier. This is due to the new development of medicines, vaccines that save people from the fatal endemic diseases. On the other hand, Modern life style becomes more and more an important factor influencing health status of most developed countries. Unhealthy behaviors responsible for increasing the mortality rate of the cardiovascular, cancers, diabetes, and respiratory diseases. There is increasing evidence that following a healthy lifestyle including appropriate diet, satisfactory physical activity level, and healthy weight can provide significant cardiovascular and metabolic benefits. From different modern life style patterns affect our health physically, psychologically, and socially. The main life style patterns that are going to be discussed in this research are the use of high technology machines, fast foods, advanced transportation, and the use of the computer including internet. That is being used by almost every member of the family. Besides, the lives of citizens face with new challenges. For instance, emerging new technologies within IT such as the internet and virtual communication networks, lead our world to a major challenge that threatens the physical and mental health of individuals. The challenge is the overuse and misuse of the technology. Therefore, according to the present studies, it can be said that: lifestyle has a considerable influence on physical and psycho health of human being. Consanguinity in some ethnicity is effective form of life style that it leads to the genetic disorders. Reclamation of this unhealthy life style is a stepping factor for decreasing the rate of genetic diseases. In some countries, the overuse of medicine is a major unhealthy life style. Iran is one of the 20 countries using the most medications. They prefer medication to other intervention. Furthermore, in 15–40% of cases they use medications about without consultation. Pain relievers, eye drops and antibiotics have mostly used. While self-medication such as antibiotics have a negative effect on the immune system, if the individual would be affected by infection, antibiotics will not be effective in treatment. Overall, 10 percent of those who are self-medicated will experience severe complications such as drug hindrance. Sometimes drug allergy is so severe that it can cause death.

### BACKGROUND

The eating habits are different from the people ate before. In ancient times, people used to include a lot of fruits and vegetables in their diet. This gives a lot of nutritional value to their meals, and decreases the risk of getting cardiovascular diseases which is related to the less fat content of these foods. These days, people have very bad nutritional habits, especially with the prevalent of fast food culture mostly between young people which they continue to carry on the same eating habits in their adulthood. According to Shepherd et al. (2001), the promotion of healthy eating is high on the health policy agenda in the UK. They referred that young people are particularly important group, as poor eating habits established during teenage years may be maintained into adulthood, creating a number of cardiovascular and other health related problems later in life. Ed Edelson (2009) mentioned in his article "that data from 2003-2006 shows that 11.3 percent of children and teenagers were at or above the 97percent in body mass index for their age". This shows that overweight teens have a 70 percent chance of becoming overweight adults. The reason for people's poor eating habits is the less time provided by them to prepare a healthy food which obviously would take time. People don't spent sufficient time to eat and choose correct and healthy meals. Everyone is just busy in building their future disregard the fact that this might

be barred by diseases caused by their poor eating habits. Other reasons include the need for both the man and women are working. This means that the women will be away from home for long hours and depend on the fast foods to feed her family.

## **REVIEW OF LITERATURE**

A healthy life style means healthy eating and regular exercising. Obesity, which is a major health problem of industrialized countries, is a result of following sedentary life style as well. A study done by Rodriguez, Nvalbos, Martinez, and Eschobar (2009), " results shows that the highest levels of obesity associated with daily alcohol consumption, greater consumption of television, and sedentary pursuit. A lower dissemination of obesity is observed among those with active physical activity". Pollution caused by the use of high technology machines and transportation contributes in many respiratory and skin diseases as well. According to Herbert et al. (2009) "western lifestyle may contribute to the development of atopic diseases". Atopic disease means the hereditary tendency to experience immediate allergic reactions such as asthma or vasomotor rhinitis because of the presence of antibody in the skin or bloodstream. The effects of modern life style on the psychological status of people are still on research. But, most researchers agree that to some extent modern life style indirectly impact psychosocial life of individuals. Experts from university of Washington have warned that the way modern technology has been breaking people's connections with the natural world may give rise to a major psychological problem. One of these effects includes increasing the stress level due to the so many obligations today's person might take. Even though some degree of stress might be useful in order to handle different problems we face every day. Chronic stress will have effects on the person's physical state as it will lead to many diseases. Raylopez, (2009) said in his article about causes of stress in modern life style "In modern lifestyle, however, stressful stimuli are continues and stress is daily, so the pressure builds up and eventually causes damage to the body". A healthy life style will have its positive effects on the psychological status of the individual which will directly affects his physical status as well. The use of high technology machines will reduce person's self independence and make him depend in doing his job on the machines. This will afterward reduce the self satisfaction. As doing a job on your own will make you more confident about your abilities .From findings we get that "depression primarily stems from modern living: social isolation, fast food diets, physical inactivity, sleep deprivation, and less exposure to the outdoors". Depression finally will damage person's life physically and socially and will disaffect him from his normal life.

## **OBJECTIVES**

1. To study several feature of lifestyle choices affecting health.
2. To describe factors allied with the physical environment have impact on lifestyle.
3. To describe factors allied with the social environment have impact on lifestyle.

## **EFFECTS OF LIFESTYLE ON HEALTH**

**Good Immune System---** Healthy immune system protects your body against disease and illness by helping your cells ruin viruses and germs. A healthy diet rich in fruits, vegetables, legumes, nuts and seeds helps support your immune system, as these foods are naturally nutrient- rich. Yogurt containing live cultures also provides your body with probiotics, which balance your daring flora and aid in immune system function. According to Harvard Health Publications, the specifics of how gut plants interact with your immune system aren't yet known, but there is a relationship between "good" bacteria and supported immune system. The beta-glucans in mushrooms and the specifically in green tea also offer immune system an advantage.

## **Better Life**

According to a study by the Centers for Disease Control and Prevention, practicing a healthy lifestyle makes your risk of premature death 66 percent less near about from cancer, 65 percent less near about heart disease and 57 percent less near about from other causes. The four healthy lifestyle factors studied include limited alcohol consumption, avoiding tobacco, improved nutrition and regular physical activity. Apart from consuming more whole and fresh foods, you should avoid foods with large amounts of sodium, transfats, saturated fats, added sugars and processed grains. For the healthy life physical activity is essential least one hour and 15 minutes of vigorous exercise weekly.

## **Energy, Strength and Endurance**

Exercising regularly makes your body stronger and improves its passiveness. Physical activity also conditions your cardiovascular system, which helps keep your muscles energized by delivering oxygen more efficiently. A balanced diet, limited alcohol consumption and proper hydration also aid in increased energy levels, according to Harvard Health Publications. If you're having trouble getting through your workouts, drinking 1 glass of water before and 1 glass of water after will help maintain your energy levels.

### Good sense of humor

Physical activity initiation release brain chemicals that can make you feel relaxed and happier. This emotional encouragement can help your outlook about your appearance and improve your self-confidence. In addition, the mood assimilate chemicals released by physical activity can help you face the way of a stressful day with a cool mindset. Checking alcohol consumption also promotes a better mood. Absorbing alcohol slows your brain activity and can cause anxiety, depression and aggression.

### Improved Appearance

It's no secret that a healthy lifestyle can help you weight loss and look more youthful. For example, staying hydrated and getting adequate sleep can decrease the appearance of under-eye bag. Restrict alcohol intake reduces its geriatric effects on your skin and eyes, as does avoiding tobacco. Proper nutrition from a balanced diet also supplies your body with the nutrients it needs for healthy and lustrous hair, bright eyes, tight skin and an overall glow.

## PHYSICAL FACTORS AFFECTS LIFESTYLE

1. **Body Mass Index (BMI):** Destructive lifestyle can be measured by BMI. Urban lifestyle leads to the nutrition problems like using fast foods and poor nutrient foods, increasing problems like cardiovascular. Diet is the greatest factor in lifestyle and has a direct and positive relation with health. Poor diet and its outcome like obesity is the common healthy problem in urban community.
2. **Exercise:** The continuous exercise along with a healthy diet increases the health. Some studies stress on the relation of active life style with happiness. For tending general health problems, the exercise is included in life style.
3. **Rest:** Lifestyle may effect on sleep and sleep has a clear influence on mental and physical health. One of the basis of healthy life is the sleep. Sleep cannot be apart from life. Sleep disorders have created several social, psychological, economical and healthy matters.
4. **Sexual behavior:** It can be said that inhibited sex relation may result in various family problems or sex related illnesses like; AIDS. Normal sex relation is necessary in healthy life. Dysfunction of sex relation is the problem of most of societies and it has a symbolic effect on mental and physical health.
5. **Substance abuse:** According to the recent studies in substance abuse 43% of females and 64% of male experience. A long -term study shows that 30% of people between 18–65 years old smoke cigarette permanently. Habituation is considered as an unhealthy life style. Smoking and using other substance may result in various problems; cardiovascular disease, asthma, cancer, brain injury.
6. **Medication :** Unhealthy behaviors in using medication are as followed: self-treatment, sharing medication, using medications without consultation, analyzing the large number of medicines, unnecessary drugs, bad handwriting in prescription, disregard to the contradictory medicines, disregard to harmful effects of drugs, clarifying the effects of drugs.
7. **Modern technologies:** Misuse of technology may result in troublesome results. Craving to use mobile phone is related to depression symptoms. Advanced technology smooth the life of human beings. For example, using of computer and other devices up to midnight, may effect on the pattern of sleep and it may disturb sleep.
8. **Recreation:** Neglecting extra consequences can bring negative issue. Relaxation pass time is a sub factor of life style. With unorganized, planning and unhealthy free time, people hazard their health.
9. **Study:** Placing study as factor in lifestyle may lead to more physical and mental health. Study is the exercise of soul. For example, generality of dementia, such as Alzheimer's disease is lowering educated people. Study could show slow process of dementia.

## SOCIAL FACTORS AFFECTS LIFESTYLE

Now it is clear that our own faulty lifestyle is responsible for unhappiness, stress and diseased condition. The best way is to correct our lifestyle. However, it is not that easy to modify totally different lifestyle from the next day but once you decide to follow proper lifestyle pattern, the following guidelines will help you to make necessary changes in your present lifestyle.

**1. Know your own nature and your Habits.** Believe your shortcomings and faults you might have done. Assess your both positive and negative qualities. Work as per your capacity and be aware not to repeat same mistakes again and again.

**2. Learn to calm down yourself.** Learn to gain control on your reactions to any event around you. Remain peaceful in your mind so that it is easy to control your emotions, thoughts and actions. Slow breathing in pranayama will enable you to control your mind and internal responses. Credit your own performance honestly.

**3. Be daring and determined to make positive attitude** in your overall outlook towards others, in your style of communication, home arrangements, habits, clothes, timings for yoga, other exercises and hobbies etc.

**4. Arranged your work.** Plan it properly for the whole year, considering seasonal changes, festivals, holidays and family functions among relatives.

**5. Setting a body clock is very important.** The internal clock pattern like dark and light, sunrise and sunset always influence our sleep pattern and arousal, hunger. Therefore plan your timings for work, meals, rest, recreation and sleep as they can influence each other.

**6. Feeling the comfort** and pleasure a part in all the activities. Music, pleasant fragrance, scents would definitely help you to make your moods, temperament and behavior suitable for the environment. Weekend picnic programs with family and friends would bring you more happiness and freshness.

**7. Plan your own diet.** Avoid processed and fast foods. Avoid too much spicy and sweet food. Beware about the fat contents of the food. It should be well balanced, from quality and quantity point of view. Eat with pleasant and relaxed mind. A short prayer or a thankful memory of the almighty God before taking food is always better to cultivate the devotional attitude.

**8.** Open your heart to your best friend and elder members of the family such as grandfather /mother and seek elderly advice freely as and when required without hesitation. Honesty, mutual trust, constancy, respect for the elders, affectionate and friendly approach for all, wishing and greeting others on various occasion, are good qualities which would **improve your interpersonal relationship with others** and would bring you more happiness and fulfilment. Then there would be no seat for negative emotions like hatred or jealousy.

**9. Daily routine** is a major part of our lifestyle. Do not forget the saying - 'early to bed and early to rise makes you healthy, wealthy and wise'. 30 minutes morning walk would improve your stamina and would keep you cheerful and fresh throughout the day. It will also regulate the level of cholesterol in the blood.

**10.** Compassion and forgiveness would empower you for healing yourself against stress and feeling of loneliness..Initiate a **habit of sensible thinking** from all the situations before arriving at the conclusions of the decisions.

**11.** Laughter is the best medicine as it relaxes us quickly and makes us supportive for any kind of situation. It helps our relieve process. **Enjoy the humor and comedy.** Share the jokes with your friends and family members.

## **ANALYSIS AND DISCUSSION**

Daily habits like the foods you eat, the time you go to sleep and how much activity you get throughout the day have a considerable influence on your health. Each of these behaviors positively or negatively impact on your health. Developing a healthy lifestyle is about more than just focusing on habits that affects a specific health problem. By allocating your time to healthy behaviors every day, you can ensure that your whole body stays as healthy as possible for as long as possible.

### **A healthy lifestyle can affect multiple aspects of your health, including:**

- Your ability to maintain a stable weight level.
- The aging process, including how psychological and physical health change with age.
- Your health risk of developing acute and other diseases.

Growing healthier lifestyle habits can initiate permanent change in your life. Depending on your present fitness level, certain behaviors can reverse the onset of disease, increase your energy levels and improve your mood. Adopting a healthier lifestyle requires foundational change to several aspects of your life. This isn't a provisional shift. To become healthier, these changes are occur -

- Psychological Changes.
- Behavioral Changes.
- Dietary Changes.

You may not perceive the way your everyday actions are affecting your health. The first step to making healthy lifestyle changes is identifying present habits.

Then, you can take steps to replace poor habits with more positive attitude.

There are several aspects of your lifestyle that might be an impact on your health:

- **Nutrition habits:** The foods we eat have a direct influence on the health of our bodies. Instead of eating to feel full, focus on balanced diet to increase your energy levels, better your digestive health and improve your overall health.
- **Hydration habits:** To maintain good health you have to drink a lot of water. A daily minimum of 3 liters (14 cups) of fluid is recommended for men and 2.2 liters (9 cups) for women. Try drinking water instead of sodas or juices throughout the day.
- **Physical activity:** Staying physically active can help you maintain a healthy weight and body composition, reducing the risk of weight-related medical conditions. It can help you maintain the health of your body muscles, bones and joints with age.
- **Stress management:** Stress affects a continuity response that can help us in the short term but become harming if it persists for extended period. Learning how to control stress can help you keep your mental and physical health.
- **Sleeping habits:** The amount of sleep you get every night affects your energy level, feelings of mental awareness and ability to maintain a healthy weight level. One must get between seven and nine hours of sleep every night.
- **Daily Nutrient requirements:** Vitamins, nutrients and herbs are big supporters of health and wellness. Taking additives and managing your health through detoxification and other treatment methods can encourage a healthier lifestyle.

Consider your present habits, and consider ways that you can make changes in your life in respect to the areas you belongs. This will takes three weeks to create a healthy habit. By stressing on little behavior changes you can make great change in your life and work towards developing a healthier lifestyle.

## CONCLUSION

To sum up, different modern life style patterns affects our health in different aspects physically, psychologically, and socially. People's awareness about these effects doesn't increase; this may lead to dangerous outcomes in the near future. Adopting this life style patterns and especially sedentary life style for long time might threaten people's life. If this happens then the community health will be affected and we will be having high percentage of diseased and disabled persons. Which finally reduce individual's productivity and development of their own communities? The best way for reducing the effects of these modern patterns of living is by educating people about its effects on their lives. Particularly concentrating in educating children as changing the way these children live will affect future generations coming after them as well. Another part of resolving the problem is the proper use of high technology machines and advanced transportations. Such proper way means correct use in benefiting the humanity not affecting it and increasing the self dependency in doing different tasks of the day. Promoting healthy life style which includes proper eating, physical activity, and better way of communicating and socializing in the community will have its positive impacts. Furthermore, it will reduce the risk of getting so many diseases which cardiovascular diseases and cancers are prominent. Finally, maintaining people's health is a primary aim of any country that probably would make her spend money to achieve it as people life are the' real wealth of a country'.

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