

# HEALTHY EATING

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You know that healthy habits are hard to develop and often require changing your mindset. But if you're willing to make sacrifices to better your health, the impact can be far-reaching, regardless of your age, sex, or physical ability. Furthermore well conditioned habits, such as consuming healthy diet, regular exercise, and keeping away from dangerous substances, make sense, but did you ever stop to think about why you practice them? A healthy habit is any behavior that enhances your physical, mental, and emotional health. These habits improve your overall well-being and make you feel good.

The American Council on Exercise reported on an eight-year study of 13,000 people. The study showed that those who takes whole some diet and walked just 30 minutes each day significantly reduced their chances of dying prematurely, compared with those who exercised infrequently. Looking forward to more time with loved ones is reason enough to keep walking. Start with short five-minute walks and gradually increase the time until you're up to 30 minutes.

Poor eating habits include under- or over-eating, not having enough of the healthy foods we need each day, or consuming too many types of food and drink, which are low in fiber or high in fat, salt and/or sugar. These unhealthy eating habits can affect our nutrient intake, including energy (or kilojoules) protein, carbohydrates, essential fatty acids, vitamins and minerals as well as fiber and fluid. Poor nutrition can impair our daily health and well-being and reduce our ability to lead an enjoyable and active life.

In the short term, poor nutrition can contribute to stress, tiredness and our capacity to work, and over time, it can contribute to the risk of developing some illnesses and other health problems such as obesity, heart disease and stroke, high blood pressure, high cholesterol, type-2 diabetes osteoporosis, some cancers, depression, hormonal imbalance, tooth decay, eating disorders. However, eating disorders, including anorexia nervosa (an emotional disorder characterized by an obsessive desire to lose weight by refusing to eat), bulimia (an eating disorder in which a large quantity of food is consumed in a short period of time, often followed by feelings of guilt or shame), and binge-eating disorder (is a serious eating disorder in which you frequently consume unusually large amounts of food and feel unable to stop eating).

Almost everyone overeats on occasion, such as having seconds or thirds of a holiday meal), are also on the rise. According to the National Eating Disorders Association, in the United States alone, 20 million women and 10 million men have suffered from an eating disorder at some time in their lives. These disorders are significant threats to health and are often chronic.

The nutrients in food enable the cells in our body to perform their necessary functions. This quote from a popular textbook describes how the nutrients in food are essential for our physical functioning."Nutrients are the nourishing substances in food that are essential for the growth, development and maintenance of body functions. Essential meaning that if a nutrient is not present, aspects of function and therefore human health decline. When nutrient intake does not regularly meet the nutrient needs dictated by the cell activity, the metabolic processes slow down or even stop."

In other words, nutrients give our bodies instructions about how to function. In this sense, food can be seen as a source of "information" for the body. Thinking about food in this way gives us a view of nutrition that goes beyond calories or grams, good foods or bad foods. This view leads us to focus on foods we should include rather than foods to exclude. Instead of viewing food as the enemy, we look to food as a way to create health and reduce disease by helping the body maintain function.

Additionally, skipping breakfast can raise your blood sugar, which increases fat storage. Incorporate at least five servings of fruits and vegetables into your diet per day. These foods, which are low in calories and high in nutrients, help with weight control. Limit consumption of sugary beverages, such as sodas and fruit juices, and choose lean meats like fish and turkey.

Contrary we've all experienced a lethargic feeling after eating too much unhealthy food. When you eat a balanced diet your body receives the fuel it needs to manage your energy level. A healthy diet includes whole grains including sprouts, vegetables including leaf vegetables, low-fat dairy products, seasonal fruits, lean meat( not red meat)

Eating right and exercising regularly can help you avoid excess weight gain and maintain a healthy weight. According to health experts being physically active is essential to reaching your weight-loss goals. Even if you're not trying to lose weight, regular exercise can improve cardiovascular health, boost your immune system, and increase your energy level. Plan for at least 150 minutes of moderate physical activity every week. If you can't devote this amount of time to exercise, look for simple ways to increase activity throughout the day. For example, try walking instead of driving, take the stairs instead of the elevator, or pace while you're talking on the phone. Eating a balanced, calorie-managed diet can also help control weight. When you start the day with a healthy breakfast, you avoid becoming overly hungry later, which could send you running to get fast food before lunch.



Moreover physical activity stimulates the production of endorphins. Endorphins are brain chemicals that leave you feeling happier and more relaxed. Eating a healthy diet as well as exercising can lead to a better physique. You'll feel better about your appearance, which can boost your confidence and self-esteem. Short-term benefits of exercise include decreased stress and improved cognitive function. It's not just diet and exercise that lead to improved mood. Another healthy habit that leads to better mental health is making social connections. Whether it's volunteering, joining a club including fitness or cultural clubs, or attending a movie, communal activities help improve mood and mental functioning by keeping the mind active and serotonin (serotonin can affect mood and social behavior, appetite and digestion, sleep, memory and sexual desire and function) levels balanced. Don't isolate yourself. Spend time with family or friends on a regular basis, if not every day. If there's physical distance between you and loved ones, use technology to stay connected. Pick up the phone or start a video chat.

To sum up if you practice regular healthy habits including health diet and regular exercises, positive thinking boost your immune system and metabolism to pain free, stress free longer life.