



#LEARN_M 

Healthy Lifestyle in different countries

**Healthy Behaviour – General
information and recommendations**






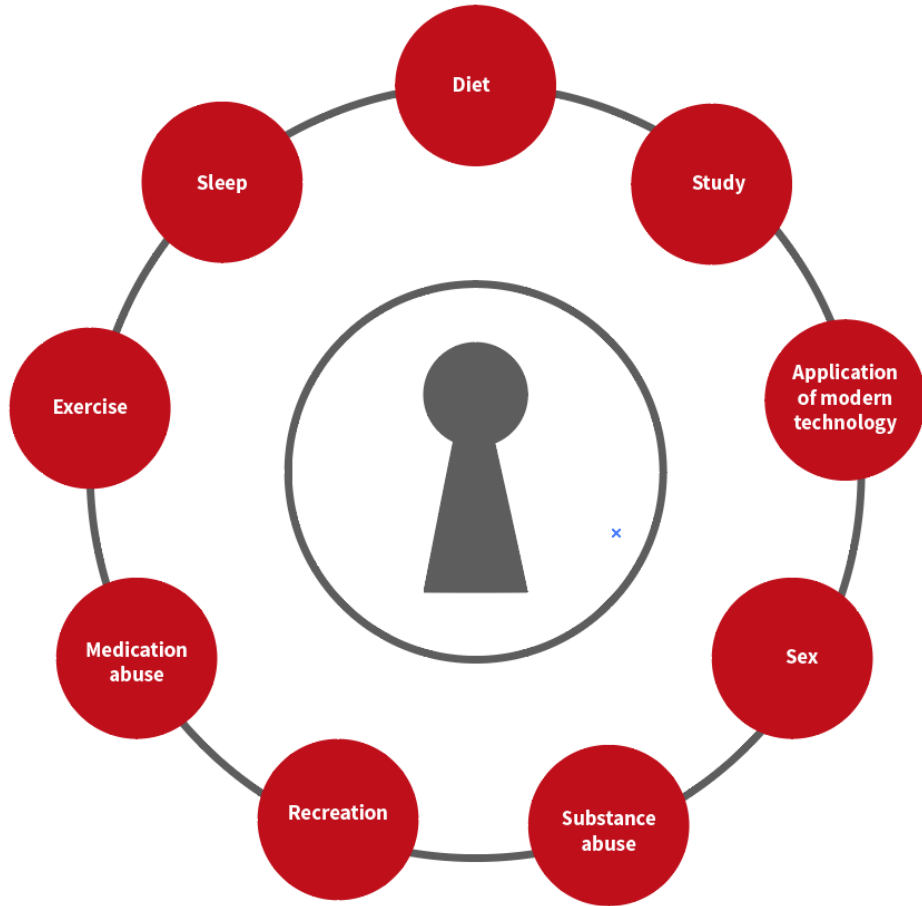
Goals of the presentation

‘Healthy behaviour is an action taken by a person to maintain, attain, or regain good health and to prevent illness.

Healthy behaviour reflects a person’s health beliefs.’

- To inform and discuss the concept of a ‘healthy lifestyle’
 - To help identify healthy behaviours you could incorporate into your lifestyle
 - To answer your questions on the healthy lifestyle
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Nine key factors that form healthy life style




1.Diet and Body Mass Index (BMI): Diet is the greatest factor in lifestyle and has a direct and positive relation with health. Poor diet and its consequences like obesity is the common healthy problem in urban societies. Unhealthy lifestyle can be measured by BMI. Urban lifestyle leads to the nutrition problems like using fast foods and poor foods, increasing problems like cardiovascular.

2.Exercise: For treating general health problems, exercise is included in life style. The continuous exercise along with a healthy diet increases the health. Some studies stress on the relation of active life style with happiness.

3.Sleep: One of the bases of healthy life is the sleep. Sleep disorders have several social, psychological, economical and healthy consequences. Lifestyle may effect on sleep and sleep has a clear influence on mental and physical health .

4.Sexual behavior: Normal sex relation is necessary in healthy life. Dysfunction of sex relation is the problem of most of societies and it has a significant effect on mental and physical health. It can be said that dysfunctional sex relation may result in various family problems or sex related illnesses like; AIDS



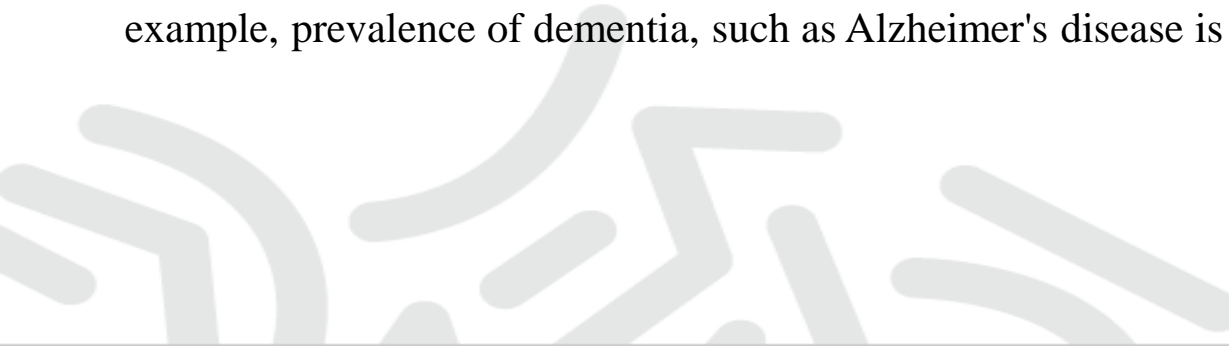
5. Substance abuse: Addiction is considered as an unhealthy life style. Smoking and using other substance may result in various problems; cardiovascular disease, asthma, cancer, brain injury. A longitudinal study shows that 30% of people between 18–65 years old smoke cigarette permanently .

6. Medication abuse: It is a common form of using medication in Iran and it is considered as an unhealthy life style. Unhealthy behaviors in using medication are as followed: self-treatment, sharing medication, using medications without prescription, prescribing too many drugs, prescribing the large number of each drug, unnecessary drugs, bad handwriting in prescription, disregard to the contradictory drugs, disregard to harmful effects of drugs, not explaining the effects of drugs.

7. Application of modern technologies: Advanced technology facilitates the life of human beings. Misuse of technology may result in unpleasant consequences. For example, using of computer and other devices up to midnight, may effect on the pattern of sleep and it may disturb sleep. Addiction to use mobile phone is related to depression symptoms .

8. Recreation: Leisure pass time is a sub factor of life style. Neglecting leisure can bring negative consequences. With disorganized planning and unhealthy leisure, people endanger their health.

9. Study: Study is the exercise of soul. Placing study as a factor in lifestyle may lead to more physical and mental health. For example, prevalence of dementia, such as Alzheimer's disease is lower in educated people. Study could slow the process of dementia.

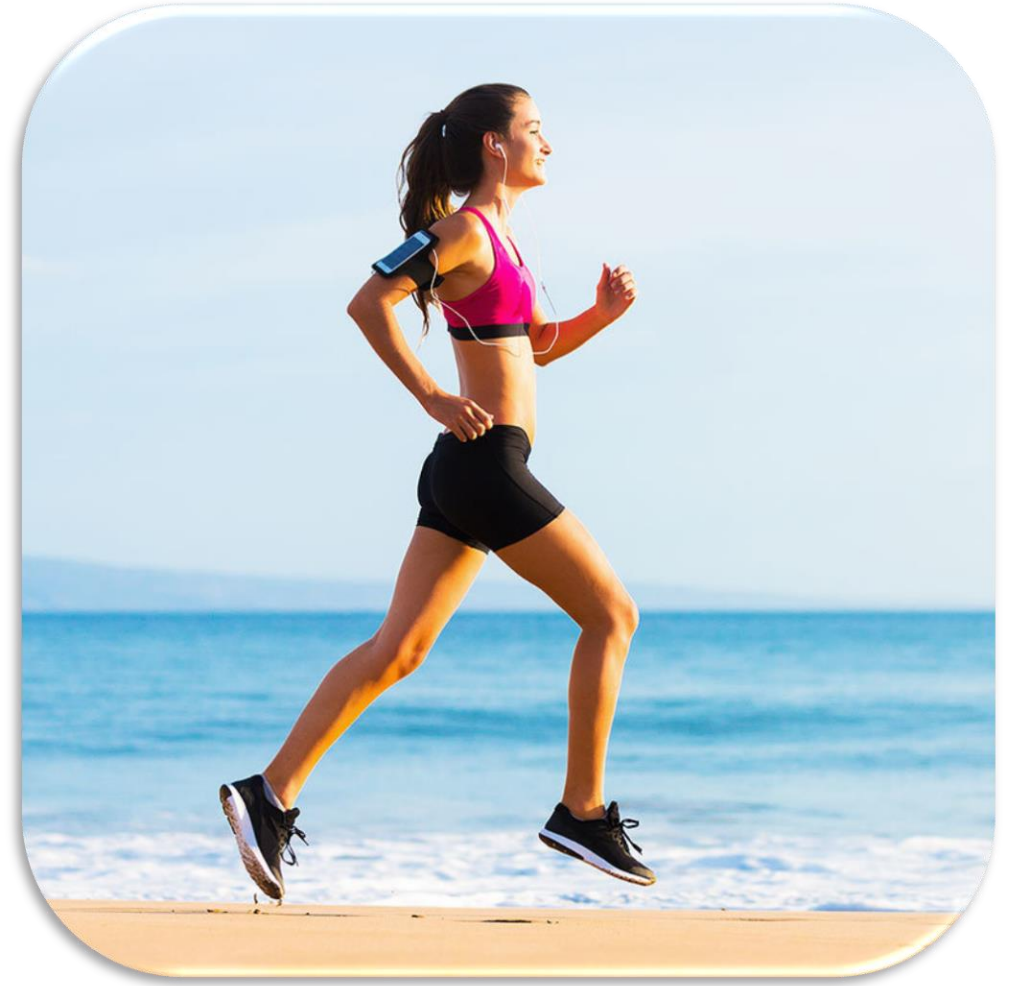


Benefits of regular physical activity

- If you are regularly physically active, you may:
- reduce your risk of a heart attack
- manage your weight better
- have a lower blood cholesterol level
- lower the risk of type 2 diabetes and some cancers
- have lower blood pressure
- have stronger bones, muscles and joints and lower risk of developing osteoporosis
- lower your risk of falls
- recover better from periods of hospitalisation or bed rest
- feel better – with more energy, a better mood, feel more relaxed and sleep better.

Aim for at least 30 minutes a day

To maintain health and reduce your risk of health problems, health professionals and researchers recommend a minimum of 30 minutes of moderate-intensity physical activity on most, preferably all, days.



The importance of nutrition

- The foods we eat affect on our health. Many studies show that good nutrition lowers the risk for many diseases. Our food habits can bring on heart disease, stroke, some types of cancer, diabetes, and osteoporosis ... or help prevent them!

Tips for healthy eating:

- Eat at least 5-9 servings of fruits and vegetables every day. Try them canned, frozen, or as juice.
- Choose whole grain bread and cereal.
- Choose low-fat milk and cheeses.
- Choose lean meats, poultry, fish.
- Eat more beans and grains
- Use less salt, sugar, alcohol, and saturated fat.
- Drink lots of water between meals.



Steps to healthy eating:

- Make good nutrition part of every day living.
- Eat healthy at home, work and play.
- Eating healthier will make you be and feel healthier.

The perfect plate

It shows how much of what you eat should come from each food group.

33% Fruit & Vegetables
5+ a Day

Fruit and vegetables



Bread, rice, potatoes, pasta and other starchy foods

33% Starchy carbohydrates
Bulk of meals

12% Meat, Fish, Eggs, Beans
Oily fish once a week

Meat, fish, eggs, beans and other non-dairy

Milk and dairy foods

15% Milk & Dairy
3 portions daily

<8% High fat/sugary foods
Avoid saturated fats

Why 5 fruit and vegetables a day?

400g fruit and vegetables a day can help us to stay healthy

- Great source of antioxidants, vitamins and minerals
- Help prevent constipation due to their high dietary fibre content
- May reduce risk of cancer, heart disease and stroke





Tomatoes

1 medium tomato



Oranges

1 orange



Bananas

1 medium banana



Strawberries

7 strawberries



Asparagus

5 spears



Avocado

Half an avocado



Peppers

Half a pepper



Kiwis

2 Kiwis



What counts?

✓ Fresh

✓ Frozen

✓ Tinned

✓ Canned

✓ Dried

Fruit and
Veggies

Carbohydrates

- Carbohydrates are the sugars, starches and fibers found in fruits, grains, vegetables and milk products. They are one of the basic food groups — are important to a healthy life.
- Carbohydrates are macronutrients, meaning they are one of the three main ways the body obtains energy, or calories.

Simple vs. complex carbohydrates

- Simple carbohydrates contain just one or two sugars, such as fructose (found in fruits) and galactose (found in milk products). These single sugars are called monosaccharides.
 - ✓ Fructose (fruit sugar), sucrose (table sugar), lactose (milk sugar) and glucose
 - ✓ Sweets, sugary pop
- Complex carbohydrates (polysaccharides) have three or more sugars. They are often referred to as starchy foods
 - ✓ Bread, flour, rice, pasta, breakfast cereals
 - ✓ Good source of calcium, iron and B vitamins

High protein foods:

- Beef, pork, chicken, turkey
- Fish and seafood
- Eggs
- Dairy
- Lentils and beans
- Nuts and seeds

Protein:

- Protein is an important component of every cell in the body. Hair and nails are mostly made of protein. Your body uses protein to build and repair tissues. You also use protein to make enzymes, hormones, and other body chemicals. Protein is an important building block of bones, muscles, cartilage, skin, and blood.
- For most people a daily dose of around 0.8-1g of protein per 1kg of body weight is recommended.

Fats

Dietary fats are essential to give your body energy and to support cell growth. They also help protect your organs and help keep your body warm. Fats help your body absorb some nutrients and produce important hormones, too. Your body definitely needs fat.

Four types of fats:

- Saturated fats
- *Trans* fats
- Monounsaturated fats
- Polyunsaturated fats

The four types have different chemical structures and physical properties. The bad fats, saturated and *trans* fats, tend to be more solid at room temperature (like a stick of butter), while monounsaturated and polyunsaturated fats tend to be more liquid (like liquid vegetable oil).

Fats can also have different effects on the cholesterol levels in your body. The bad fats, saturated fats and *trans* fats raise bad cholesterol (LDL) levels in your blood. Monounsaturated fats and polyunsaturated fats can lower bad cholesterol levels and are beneficial when consumed as part of a healthy dietary pattern.

Healthy fat sources:

- Avocado

Avocados are a fruit, with fat at 77% of calories. They are an excellent source of potassium and fiber, and have been shown to have major benefits for cardiovascular health.

- Cheese

Cheese is incredibly nutritious, and a single slice contains a similar amount of nutrients as a glass of milk. It is a great source of vitamins, minerals, quality proteins and healthy fats.

- Whole eggs

Whole eggs are among the most nutrient dense foods on the planet. Despite being high in fat and cholesterol, they are incredibly nutritious and healthy.

- Fatty fish

Fatty fish like salmon is loaded with important nutrients, especially omega-3 fatty acids. Eating fatty fish is linked to improved health, and reduced risk of all sorts of diseases.

- Nuts

Nuts are loaded with healthy fats, protein, vitamin E and magnesium, and are among the best sources of plant-based protein. Studies show that nuts have many health benefits.