Your Name

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Habits for a Good Health

**Introduction**

Health can be defined as the complete wellbeing of physical, social, and psychological aspects of human life. Health is not only about the absence of diseases, but it has a broader aspect of one's life (*WHO Constitution*). Mental health and wellbeing on a person are as important as physical health. One's level of mental and physical health determines its quality of life, and excellence of health plays a role in the happiness of human beings. The average score of American individual is 91.2% in the index of National BCBS (*BCBS Health Index | Blue Cross Blue Shield*). This index provided information that 12.5% of American nationals faced the problem of hypertension, with 9% of people suffered from depression. High cholesterol was another disease that badly affects the health of Americans, as 8.6% of people in the US suffered from this disease. Type 2 diabetes affected the living standard of 5.5% population of America.

Health does not only affect one's physical aspects of life, but it also plays a key role in one's achievements in life. A healthy person can set higher levels of objective for himself, and he can exert more effort to achieve his goals. Health can increase the work productivity of a person as well as the satisfaction level of a human. A healthy person can better perform his duties towards his family, society, and nation. He can play a better role in the progress of his country and humanity as well.

This study will present some habits that can increase the living standard of human beings by decreasing the chances of diseases. These habits will be beneficial to maintain a good health index.

**Diet Habits**

The human body requires a variety of minerals, carbohydrates, vitamins, and fats to perform well. Any deficiency of these essential ingredients leads the human body towards malnutrition. The things we eat in our daily routine become a part of our body. Therefore, we need to be very conscious about the quality and variety of our food. The following eating habits have scientifically proved as healthy for the human body and mind.

* Water is one of the most important parts of the human body, and it plays a very active part in the digestive system of the body. An adult should drink 3.5-4 liters of water on a daily bases. This will increase the lubrication in joints and keeps skin fresh and healthy. Water also plays an important role in maintaining the body temperature and blood pressure (“15 Benefits of Drinking Water and Other Water Facts”). It also improves the working of the spinal cord and brain.
* One should try to intake calories from different types of foods. The use of Vegetables and fruits provides a human body with a variety of minerals and vitamins. Fibber is also an important ingredient of the human body, and most of the green vegetables are very high in fiber. Banana is very rich in Magnesium, vitamin B6, and protein. Fibber, protein, potassium, and sugar are an important ingredient of apple. The selection of different fruit and vegetables on a daily bases protects the human body from malnutrition.



* The use of dairy products fulfills the human body's needs for protein, fat, and calcium. Daily use of eggs, milk, and butter can be very beneficial for the human body. But there must be a balance in the consumption of dairy products. Excessive use of dairy products can have some negative effects on humans. It can be a source of high cholesterol.



* Red meat is a good source of protein, fat, carbohydrates, iron, zinc, and vitamin B complex. One can get red meat from beef, veal, and lamb.
* One must also avoid unhealthy food habits to get better living standards. The extensive use of fried edibles should be avoided. Junk foods can also be dangerous for human health. Alcohol and cigarette consumption are also harmful to hum health. Alcohol can badly affect the kidneys of humans. It also becomes a source of high blood pressure. Many sexual, liver, and nerves related disorders are associated with the extensive use of alcohol.



**Exercise Habits**

The active physical routine has great benefits over the human body and mind. One must be very active in his daily routine and should try to figure out more activities outside. One must develop the habit of exercise on a daily bases. 30-40 minutes of daily exercise has the following benefits on the human body:

* Daily exercise and active physical routine help a person to control his weight. Obesity has many severe effects on human health. It can become a source of high cholesterol and diabetes.
* Exercise decreases the chances of heart diseases and heart attacks. It allows your lungs to inhale more oxygen in them, and as a result, the whole body can consume more oxygen.
* Exercise on a daily bases can increase the energy level in the human body. It makes you more active in your routine work.
* Physical activity also helps to control blood sugar levels.
* A routine of exercise also has strong impacts on the cognitive abilities of a human. It can increase the thinking and learning abilities of a human. Decision-making abilities can also be improved with the help of daily exercise. Will power can also be improved with the help of physical activities.
* Exercise positively changes the mood and behavior of an individual. It can be very helpful in decreasing the levels of depression and anxiety.
* Exercise also has very constructive impacts on the sleeping habits of an individual. It can increase the duration of sleep as well as the quality of sleep.

**Sleeping Habits**

Sleeping habits of an individual have a very strong impact on his physical, cognitive, and emotional health. Bad sleep can become a source of anxiety and depression. It can also adversely affect one quality of professional work. The following sleeping habits can improve the quality of one's sleep as well as the quality of health:

* An adult individual must try to sleep for 6-8 hours daily. Night sleep has proved more beneficial and constructive for the human mind and body. So, one should try to sleep early in the night.
* One should try to follow the same time for sleep. Daily exercise can help to improve sleeping habits.
* Heavy meals should be avoided at night time. It will improve the quality of sleep.
* Alcohol and cigarette should not be consumed before going to bed. Caffeine should also be avoided at least 5 hours before sleep time.

**Concluding Remarks**

Health is one of the great blessings of nature. We need to take care of our health issues. Our daily routine has significant importance in the matters of our health. Our habits decide the quality of our life. A set of good habits can prevent us from many complications in our life, and it can offer us a good and healthy life. The above-discussed habits can help us in improving our quality of health and life. One must choose its diet carefully and try to get calories from different sources. One must consume vegetables and fruit on a daily bases. Dairy products must also include in one's diet plan. Most important of all is that there must be a balance in one's diet plan.

**Works Cited**

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