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Healthy Lifestyle

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Nowadays our life is getting more and more tense. People live under the press of different problems, such as social, ecological, economic and others. They constantly suffer from stress, noise and dust in big cities, diseases and instability. A person should be strong and healthy in order to overcome all difficulties. To achieve this aim people ought to take care of their physical and mental health. You need proper nutrition, exercise, and healthy sleep.

Healthy eating is not about strict dietary limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, improving your outlook, and stabilizing your mood. If you feel overwhelmed by all the conflicting nutrition and diet advice out there, you're not alone. It seems that for every expert who tells you a certain food is good for you, you'll find another saying exactly the opposite. But by using these simple tips, you can cut through the confusion and learn how to create a tasty, varied, and healthy diet that is as good for your mind as it is for your body.

Healthy eating tip 1: **Set yourself up for success.**

To set yourself up for success, think about planning a healthy diet as a number of small, manageable steps, like adding a salad to your diet once a day rather than one big drastic change. As your small changes become habit, you can continue to add more healthy choices. Prepare more of your own meals. Cooking more meals at home can help you take

charge of what you're eating and better monitor exactly what goes into your food. Make the right changes.

Healthy eating tip 2: **Reduce sugar.**

Aside from portion size, perhaps the single biggest problem with the modern Western diet is the amount of added sugar in our food. As well as creating weight problems, too much sugar causes energy spikes and has been linked to diabetes, depression, and even an increase in suicidal behaviors in young people. Reducing the amount of candy and desserts you eat is only part of the solution as sugar is also hidden in foods such as bread, cereals, canned soups and vegetables, pasta sauce, margarine, instant mashed potatoes, frozen dinners, low-fat meals, fast food.

Healthy eating tip 3: **Eat plenty of colorful fruits and vegetables.**

Fruits and vegetables are low in calories and nutrient dense, which means they are packed with vitamins, minerals, antioxidants, and fiber. Focus on eating the recommended daily minimum of five servings of fruit and vegetables and it will naturally fill you up and help you cut back on unhealthy foods. A serving is half a cup of raw fruit or veg or a small apple or banana, for example. Most of us need to double the amount we currently eat. Try to eat a rainbow of fruits and vegetables every day as deeply colored fruits and vegetables contain higher concentrations of vitamins, minerals, and antioxidants. Add berries to breakfast cereals, eat fruit for dessert, and snack on vegetables such as carrots, snow peas, or cherry tomatoes instead of processed snack foods.

Healthy eating tip 4: **Eat healthy carbs and whole grains.**

Choose healthy carbohydrates and fiber sources, especially whole grains, for long-lasting energy. Whole grains are rich in phytochemicals and antioxidants, which help to

protect against coronary heart disease, certain cancers, and diabetes.

What are healthy carbs and unhealthy carbs? Healthy carbs (or good carbs) include whole grains, beans, fruits, and vegetables. Healthy carbs are digested slowly, helping you feel full longer and keeping blood sugar and insulin levels stable. Unhealthy carbs (or bad carbs) are foods such as white flour, refined sugar, and white rice that have been stripped of all bran, fiber, and nutrients. They digest quickly and cause spikes in blood sugar levels and energy.

Healthy eating tip 5: Add calcium for bone health.

Your body uses calcium to build healthy bones and teeth, keep them strong as you age, send messages through the nervous system, and regulate the heart's rhythm. If you don't get enough calcium in your diet, your body will take calcium from your bones to ensure normal cell function, which can lead to osteoporosis.

Good sources of calcium include dairy products which are rich in calcium in a form that is easily digested and absorbed by the body. Sources include milk, unsweetened yogurt, and cheese. Many vegetables, especially leafy green ones, are rich sources of calcium. Try collard greens, kale, romaine lettuce, celery, broccoli, fennel, cabbage, summer squash, green beans, Brussels sprouts, asparagus.

Healthy eating tip 6: Put protein in perspective.

Protein gives us the energy to get up and go and keep going. While too much protein can be harmful to people with kidney disease, the latest research suggests that most of us need more high-quality protein, especially as we age.

How to add high-quality protein to your diet? Eat plenty of fish, chicken, or plant-based protein such as beans, nuts, and soy. Replace processed carbohydrates from pastries, cakes, pizza, cookies and chips with fish, beans, nuts, seeds, peas, tofu, chicken, dairy, and soy products. Snack on nuts and seeds

instead of chips, replace baked dessert with Greek yogurt, or swap out slices of pizza for a grilled chicken breast and a side of beans.

Do not forget about exercise. Regular exercise increases aerobic capacity and improves muscle strength. It also provides stress relief, improves your ability to concentrate and enhances your mood. Many universities have group-fitness classes and intramural sports, which may further motivate you to stay active. A 2010 study published in the “Journal of Physical Activity and Health” found that in a group of 192 undergraduate students, those who exercised with other individuals were more likely to perceive physical activity as a form of leisure rather than an obligation. If you still struggle to maintain a formal exercise routine, use active forms of transportation such as walking or biking to increase your activity level.

Remember about healthy sleep. Lack of sleep is common among college students, but sufficient sleep is important for maintaining your energy levels, strengthening your immune system, thinking clearly and improving your mood. Studying or socializing late at night can also lead to altered sleep patterns and daytime napping, which can disrupt the quality of your sleep and increase daytime fatigue. Being overworked can impair sleep quality due to high levels of stress hormones. Create an environment conducive to sleep by setting a consistent bedtime, creating a relaxing nighttime routine and avoiding caffeine, nicotine and alcohol within three to four hours of going to bed.

The most important thing to remember is that you can make a difference in your health and well-being. Take charge of your life, and be mindful of small behavior changes that can make your lifestyle a healthier one.