

The Importance of Healthy Lifestyle

6 pages | 1401 words

Poor nutrition is a growing problem in the world and is quickly increasing in America. Many people tend to neglect their health and do not realize the lasting effects that it has. However, there are many ways to improve health and overall wellness. Whether it is through exercise, improving diet, or removing stress from daily life, it is crucial that these changes are made. By knowing and maintaining a healthy metabolic measurement, having consistent physical activity, maintaining a healthy diet, and increasing water intake, one could easily improve their health and wellness. By practicing yoga, increasing fruits and vegetables, and increasing water intake, one can see the improvements in their health and their metabolic measurement, blood pressure. Blood pressure is the pressure of blood on the walls of a circulating vessel (WebMD, 2018). It is important to know the average blood pressure levels, what numbers are too high, how to maintain a healthy level, and why it is so crucial to one's health. When blood pressure levels are too high, it increases the risk of dangerous health problems such as a heart attack or stroke. When the blood-pressure levels become too high, there is excess stress on the heart and arteries. This causes the arteries to become less flexible and more likely to form clots (Blood Pressure UK, 2008). According to the American Heart Association, systolic blood pressure shows how much pressure the blood is forcing on the walls of the artery when the heart beats. Diastolic blood pressure is the amount of pressure the blood is forcing on the walls of the artery while the heart is in a resting position in between beats (American Heart Association, 2018). A normal, healthy blood pressure would be less than 120 over 80 and a dangerous level would be higher than 180 over 120. To obtain a healthy blood pressure, it is important to increase physical activity, have a healthy diet, and lose weight if being overweight is an issue. Also decreasing salt and alcohol intake can greatly change blood pressure levels. It is important to find ways to improve blood pressure and maintain it. By practicing daily routines such as yoga for a physical activity, increasing fruits and vegetables in a healthy, balanced diet, and increasing the amount of water and decreasing the amount of sugary and caffeinated beverages, one would be able to see the drastic change in blood pressure and overall health. Physical activity is any form of exercise that increases overall health such as running, weight lifting, and yoga. Yoga means union and it can have many different understandings depending on the person. There are different "paths" or types of yoga that have various spiritual meanings (Ananda, 2018). Yoga is a Hindu philosophy that teaches self discovery and allows the body, mind, and soul to connect through spiritual healing. It is often used as a form of meditation and exercise that involves moving into different positions to increase flexibility, improve breathing habits and techniques, and relax the mind and body. The most common yoga poses include the Downward Facing Dog, which stretches the entire body, the Tree,...

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