

# SAMHS INFO BULLETIN



Compiled by Corporate Communication

## NATIONAL HEALTHY LIFESTYLE AWARENESS MONTH

### What is a Healthy Lifestyle

It is a way of living that lowers the risk of becoming seriously ill or to die early. Not all illnesses and disease are preventable; however a large proportion of deaths, particularly those from coronary heart disease and lung cancer, can be avoided. Scientific studies on smoking and high calorie diets have identified certain types of behaviour that contribute to serious illnesses and even early death.

A healthy lifestyle helps you to enjoy more quality aspects of your life. Health is not just about avoiding a disease or illness. It is about physical, mental and social well-being too.

### Eating Well

Eating a healthy diet is another part of the healthy lifestyle. Not only can a good diet help with weight management, it can also improve your health and quality of life as you get older.

- **Eat more fruit.** Add it to your cereal, your salads or even your dinners
- **Sneak in more veggies.** Add them wherever you can--a tomato on your sandwich, peppers on your pizza, or extra veggies in your pasta sauce. Keep pre-cut or canned/frozen veggies ready for quick snacks.

- **Switch your salad dressing.** If you eat full-fat dressing, switch to something lighter and you'll automatically eat less calories.
- **Eat low fat or fat free dairy.** Switching to low fat or skim milk or fat free yogurt is another simple way to eat fewer calories without having to change too much in your diet.
- **Make some substitutes.** Look through your food storage cabinets or fridge and pick 3 foods you eat every day. Write down the nutritional content and, the next time you're at the store, find lower-calorie substitutes for just those 3 items

## **Stay Fit and Exercise**

Regular moderate physical activity such as 30 minutes of brisk walking or cycling a day, five days a week are associated with a decreased risk of heart disease and stroke. There is growing evidence that this daily bout of exercise could also decrease the risk of dementia in older age. Other benefits could include a reduced risk of a list of other conditions such as osteoporosis, type 2 diabetes, depression, obesity and high blood pressure.

There is a strong relationship between increased physical activity and reduced colon cancer in both men women. Men, who are more active at work rather than just sitting at a desk, also have lower rates of prostate.

The other factor that could boost the effects of a daily walk includes not smoking, eating healthy and not being overweight.

Approved by: D Med (SAMHS)