Interested in Healthier Life, Where Would You Start?

*Rikabi Gulenia
*University of Southern Mississippi, USA

Food is the source of energy for the human body. Energy-based bodily functions are maintained with balanced nutrients that include vegetables, grains, dairy, proteins, and fruits. However, there’s no time for the working family to cook fresh food, but to buy canned and packaged food. Processed meals are saturated with high fats, sugars, and salts that provide more than what the body requires of sodium, carbohydrates and lipids. Unhealthy eating habits may lead to chronic diseases such as obesity, diabetes and dyslipidemia. The aforementioned chronic diseases are risk factors for coronary heart disease which may be prevented by eating healthy and by being active. Lifestyle changes require skilled healthcare providers to empower people to discover own barriers to healthy living. Motivational type communication allows people to explore strategies to adhere to lifestyle modifications.

Healthy Living: Where Does It Start?

It starts with the grocery bag! People will eat whatever is brought home from the store. Making a list of what is needed not what is wanted before grocery shopping eliminates the chance to get unhealthy food. Fatty and salty snacks that almost no one can live without such as chips, pizza, or fries are not only comfort food, but also full of nutrition. Snacking on few pieces of chips with a cup of yogurt mixed with fruits or with lettuce limits the amount of fat from the chips. There’s no reason to stop eating what is liked, but there’s a reason to eat less quantity of unhealthy food to prevent illnesses. Chips, ice cream, fries come to mind easily when under emotional stress seeking comfort food. Stress enhances craving for snacks high in sugar and fat.

Listening to Your Intestines

Cutting down on food intake by eating smaller portions using small plates and chewing slowly make a difference! The small intestine’s peptide cholecystokinin signals satiety around 20 to 30 minutes from the start of a meal. Eating slowly over 20-30 minutes until cholecystokinin is released helps ingest less food. Proteins and fats stimulates release of cholecystokinin the most of all dietary intake. Starting with a small piece of bread and butter is not bad at all!

Can Physical Activities Be Fun?

Activities such as playing outside, running, biking, jumping, singing and dancing are fun time for any child. Kids are always on the move doing what is pleasant. Let the fun child out again!! Do enjoy activities that bring happiness and relaxation. Exercises are chores that require time and physical effort. However, a loved activity is a joy at any time. Remember physical activities must be tailored to one’s age: tolerated while enjoyed so an individual can sustain the active life.

Conclusion

Living healthy depends on exploring individual barriers to lifestyle modifications and discovering strategies to follow. Maintaining healthy living along with liked physical activities tailored to patient’s life is very hard, but attainable and sustained with the help of a skilled provider.


*Corresponding author: Rikabi Gulenia, University of Southern Mississippi, USA. E-mail: gulenia.rikabi@usm.edu

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