LIFESTYLE FACTORS & THEIR IMPACT ON HEALTH
PHYSICAL ACTIVITY..

What is physical activity?
Physical activity is any bodily movement produced by skeletal muscles that requires energy expenditure. Physical activity may occur in any environment, be it indoor or outdoor. It may be part of a team game or an individual experience. Activities may range from simply gardening and pushing a pram to long distance running or playing a game of football.

Recommendations?
5 Years or under – 3 hours a day
5–18 — 1 hour a day
18+ – 2.5 hours a week
64+ – As much & often as physically capable

Why follow these recommendations?
These recommendations are in place to give guidelines as to the amount of physical activity an individual should complete to lead a healthy lifestyle. There is the possibility that ignoring these guidelines may result in a number of health issues such as:

Obesity, depression, lack of motivation, diabetes

CONCLUSION

The decisions we make everyday regarding our lifestyle and health are factors which have a huge impact on the quality, length, and enjoyment of the lives we lead. Taking more notice of these lifestyle factors which greatly influence our lives may ensure we live longer, fuller lives: mental, & physical illness, obesity and stress are just a few health issues which may be greatly reduced within our world if we paid closer attention to the food and substances we put into our body. It is important we follow the recommendations stated in this booklet and teach our children of these guidelines as they are growing up to ensure they have the knowledge as to how to keep themselves healthy and fit throughout their lives. We currently expect & demand so much from our bodies on a day to day basis and become aggravated when time must be taken out of our lives due to illness or injury, maybe before binge drinking every weekend or before buying the second packet of cigarettes of the day we should take time out to respect our bodies and learn what kind of balance of lifestyle factors works well for us individually. Everything in moderation, including moderation itself!
DIET

What do we mean by a healthy balanced diet?
The crucial part of healthy eating is a balanced diet. A balanced diet – or a good diet – means consuming from all the different good groups in the right quantities. Nutritionists say there are five main food groups – whole grains, fruit and vegetables, protein, dairy, and fat & sugar.

Recommendations?
Men – 2500  Women – 2000 calories per day
These calories should come from a balanced amount of the food groups with the majority of calories being dedicated to carbohydrates.

Why follow these recommendations?
Diet influences our every day lives more than we often realise. Hunger can drastically change our moods and the energy we gain from just a small amount of a healthy food source should not be underestimated. Ensuring we get sufficient vitamins, minerals and proteins in our diet also ensures our immunity remains efficient, a deficiency of any of the food groups, especially vitamins & minerals can lead to a lack of immunity or health issues. A great example of this is sailors not receiving enough vitamin C from fresh foods and developing scurvy whilst out at sea. Protein intake is also extremely important for muscle strength, hypertrophy & repair.

ALCOHOL

What is alcohol?
A drug like substance found in many drinks, if drunk in high quantities alcohol results in intoxication and can cause a number of health issues if abused. Legally you must be over 18 years of age to consume and buy alcohol, primarily as your body is still developing before this stage and alcohol may be detrimental to this stage.

Recommendations?
Men – 21 units per week, 4 units a day
Women – 14 units per week, 2 units a day
No binge drinking of alcohol
2 alcohol free days every week

Why follow these recommendations?
Alcohol consumed in regular high quantities can be extremely harmful to our health. Abuse of alcohol may result in liver or kidney disease. It also causes damage to the brain and nervous system as well as causing lethargy the following day and severe dehydration. There is however research which suggests a small glass of red wine every night may be good for our health.
EVERYTHING IN MODERATION!
SMOKING..

What is smoking?
Smoking is the inhalation of the smoke of burning tobacco encased in cigarettes, pipes, and cigars. Casual smoking is the act of smoking only occasionally, usually in a social situation or to relieve stress. A smoking habit is a physical addiction to tobacco products. Many health experts now regard habitual smoking as a psychological addiction, too, and one with serious health consequences.

Recommendations?
DON’T START! However if you do already smoke, there are plenty of substitutes to help you quit such as: E-cigarettes, nicotine patches or possibly hypnosis.

Why follow these recommendations?
Smoking has been proven to cause serious harm to our health and can cause fatal health issues. The risk of cancers increases significantly each time you smoke and smoking causes damage to every single organ in your body. Serious breathing problems can arise from regularly smoking and exercise becomes increasingly difficult due to these issues. Teeth are stained and weakened drastically by smoking. Blood pressure is significantly increased by smoking putting great pressure on your heart. Is it really worth it?

STRESS..

What is stress?
Stress is the body's reaction to a change that requires a physical, mental or emotional adjustment or response. Stress can come from any situation or thought that makes you feel frustrated, angry, nervous, or anxious. Stress is caused by an existing stress-causing factor or "stressor.”

Recommendations?
BP – should be 120/80 dependent on individual
Do plenty of exercise – exercise relaxes you and releases endorphins which lower risk of stress.
Do something each day which makes you happy, find a release from your stress.

Why follow these recommendations?
It is important to try to keep severe stress out of your life where possible, however this may not always be possible. Stress can cause high blood pressure and anxiety which is detrimental to your cardiovascular system and mental state. Heart attacks and dementia are more prominent in people suffering from stress. People may gain or lose health altering amounts of weight when living with stress. Headaches may become more frequent and be harder to rid, whilst the ageing process is quickened and people become tired and suffer from mood swings frequently.