

Case study:Benefits of health

Student Name

Institutional

Professor

Course

Due date



Abstract

Health is a God given gift and therefore it should be preserved and been taken good care of. Health can be vividly described as the physical and mental state of a human being. To stay healthy is not an option but a necessity to live a happy life . The basic laws of good health are related to the food we eat, the amount of physical exercises we do , our cleanliness, rest and relaxation. Some of the healthy practices are exercising, getting a good health, sleeping properly, taking care of the health, avoiding alcohol ,drugs and unsafe pressure. This page brings out vividly the benefits of health as follows; prevents disease, saves money , lengthen lifespan , is good for environment, gives more life -force energy, improves the memory, helps in getting a good night sleep and cleans up the bad skin.

One of the benefits of health is preventing diseases , 2005. Healthy habits can reduce the risk of various diseases, including those that may run in your family . According to research, the most top ten causes of death in places like America are associated with our lifestyle choices. Some of these deadly diseases are heart diseases, stroke ,cancer and diabetes. Prevention of diseases enables people to increase control over their own health. It covers a wide range of social and environmental interventions that are designed to benefit and protect individual people's health and quality of life by addressing and preventing the root causes of ill health, not just focusing on treatment and cure . Some of the organizations such as the World Health Organization (WHO) helps in the approaches and activities aimed at reducing the likelihood that a disease or disorder will affect an individual, interrupting or slowing the progress of the disorder or reducing disability. Therefore , we can conclude by saying that leading healthy lifestyle prevents most of the chronic diseases. In addition, saving money is also a benefit of health. In closely relation to the lives we live , it is evident that our finances and our mental health are closely tied and therefore it is important to improve at both financial and mental health at the same time . Financial stability can give its own sense of happiness and mental relief, for example, the freedom of having more choices in life , having built better financial habits. Concentrating on the things that make our health poor are also expensive financially. Smoking, for example, is expensive and so is buying meat. If we were to walk or cycle wherever possible, we can reduce our transportation costs. Basing on things like walking and cycling instead of using expensive transportation means , we can see that by walking and cycling we are involved in physical exercises and therefore they keep us well . Being healthy can also reduce the expenses of buying over - the - counter medicines , too. Saving money reduces stress, helps to avoid the unnecessary pressure if one faces financial emergency.

Lengthening the lifespan is also a benefit of health, 1994 . It is a fact that the healthiest people tend to live longer lives and this does not come with great surprise . Therefore, for those who love life and want to get the most out of it , making healthy choices is essential . The choices that we should make and the changes we should make are eating healthy food and exercising more oftenly , but it can also mean engaging with our communities , cherishing friendships and taking time to volunteer. It's well known that diet and exercise can each help prevent a range of chronic diseases. Being physically active can boost your brain health , reduce your risk of disease and strengthen your bones and muscles, and a healthy diet can increase your longevity , boost your immunity , and lower your risk of chronic diseases .



It is true that longevity may seem beyond our control, but many healthy habits may lead one to a ripe, old age. These include eating a plant based diet, quitting smoking, reducing stress, exercising and getting enough sleep. Research has also brought out health being good for the environment. Through pandemic and the climate crisis, we have seen very clearly that what is good for us is also good for the planet. When we make healthy planet based food choices, for example, we reduce our impact on the earth. When we walk or cycle, we cut emissions. When we find happiness in ourselves we do not need to keep buying "stuff" that ends up in land fill. We are very much part of wider ecosystem and care for one means care for all. It is a fact that as humans, we are interconnected with our environment. Our natural and built environment is more than just a place for us to live. The state of our world affects our physical and mental health. This vital relationship between humans and our surroundings is known as environmental health.

More life-force energy is also part of the benefits of health, 2018. When we are optimally healthy- and this will be different for everyone- we can get a sense of deep well being. It comes from being rested, not stressed or anxious and feeling good in ourselves and about the world. When it happens, we can even feel life coursing through our veins. By harmonizing balance and ensuring the natural flow of life force energy in our body and mind improves our focus, motivation, inspiration and clarity. One way to tap into this power is through meditation and mindfulness. This practice can increase the flow of energy in our body leading to better well - being. Having enough rest and sleep is also important because it helps you feel refreshed and gives you more energy for the day. Health also helps in improving the memory. Diet, stress and exercise all play a key part in our cognitive functions, so whether it is a memory boost you are after or preventing degenerative diseases like Alzheimer's, there are lifestyle choices we can make that will give us the best chance. One of the proven ways to protect memory include following a healthy diet, exercising regularly, not smoking and keeping blood pressure cholesterol and blood sugar in check. Good health also contributes to getting a good night sleep. This is part of virtuous circle: When we feel good, we sleep better; and when we sleep better, we feel good! So, all we have to do now is to work out how to break into this positive cycle and reap the benefits. Getting enough sleep can play an important role in your weight, emotional well being, blood pressure, diabetes, mental and physical performance. Good sleep improves your brain performance, mood and health. Insufficient sleep regularly raises the risk of many diseases and disorders.

Good health clears up bad skin, 2007. We may feel as though we have been cursed with bad skin, but for many people the problem is in their diet, not their genes. One recent connected both sugar and dairy to higher rates of acne, so when we cut out these foods, we may find a host of health benefits and one of those could be growing skin. Health also contributes to taking control of your life. Making decisions that lead to positive outcomes is empowering. So, when we decide to make changes that benefit our health and the act of them, we can get a huge sense of achievement. Our self esteem improves and we can feel as though we are not at the mercy of the world, after all, but we are taking control of our own lives. Increased happiness is also part of the benefits of health. With all these benefits of health, it is easy to see why good health can also lead to increased happiness. If we are exhausted, stressed, sick and anxious, happiness can feel a world away but small actions can lead to big



results over time . I conclusion , I would like to urge us to continue leading a healthy life style by exercising more often, taking a balanced diet and many more . By doing this , all the benefits of health will be evident in our lives.



Reference

C Wrosch, GE Miller, MF Scheier... - Personality and ..., 2007 - journals.sagepub.com

GN Ruegsegger, FW Booth - Cold Spring ..., 2018 - perspectivesinmedicine.cshlp.org

...

JP Nicholl, P Coleman, JE Brazier - Pharmacoeconomics, 1994 - Springer

TP Schultz - Health and Economic Growth: Findings and Policy ..., 2005 - books.google.com

