

Case study;BENEFITS OF HEALTH

Name

Institutional Affiliation

Professor

Course

Due date



Case Study: Health Advantages

Abstract

Since health is a gift from God, it ought to be valued and taken care of. A person's physical and mental state can be broadly defined as their state of health. Maintaining good health is not a choice; it is a need for a happy existence. The fundamental rules of good health are connected to our diet, our level of physical activity, our hygiene, and our ability to unwind. Exercise, achieving good health, getting enough sleep, taking care of one's health, abstaining from drugs and alcohol, and applying safe pressure are a few healthy habits. This website clearly illustrates the health benefits, which include preventing disease, saving money, extending life, being good for the environment, boosting life force energy, improving cognition, promoting restful sleep, and clearing up unhealthy skin.

Preventing diseases is one of health's benefits, 2005. Several diseases, even ones that can run in your family, might be lowered by adopting healthy practices. Research indicates that our lifestyle choices are linked to the most common causes of death in countries like America. Diabetes, cancer, heart disease, and stroke are a few of these devastating illnesses. The ability to prevent diseases gives people more control over their own health. In addition to focusing on treatment and cure, it involves a wide variety of social and environmental interventions intended to improve and safeguard each person's health and quality of life by treating and avoiding the underlying causes of illness. The World Health Organization (WHO) is one of the organizations that supports efforts to lessen the risk that a disease or illness may impact a person by halting, delaying, or eliminating the disorder's progression or decreasing disability. Thus, we can draw the conclusion that living a healthy lifestyle helps to prevent the majority of chronic illnesses. Another advantage of health is the ability to save money. Given the intimate connection between our lives, it is clear that our mental and financial well-being are intertwined, making it crucial to address both issues concurrently. For example, having more choices in life and having developed better financial habits are two ways that financial stability can contribute to one's sense of satisfaction and mental relaxation. Focusing on the issues that contribute to our health problems are often costly monetarily. For instance, purchasing meat and smoking are both costly. We can lower our transportation expenses if we choose to walk or bike whenever possible. Using modes of transportation like walking and cycling instead of more costly ones allows us to see that these activities involve physical activity and keep us healthy. Additionally, maintaining good health might lower the cost of purchasing over-the-counter medications. Preserving money lessens anxiety and relieves extra strain in the event of a financial disaster. Extending lifespan is also beneficial to health, 1994. The healthiest individuals do, in fact, typically live longer lives, and this is not a huge surprise. Making healthy decisions is therefore crucial for people who value life and want to get the most out of it. Healthy diet and regular exercise are the decisions and adjustments we should make, but we should also engage with our communities, value our friendships, and make time to volunteer. Exercise and diet are widely established to help avoid a variety of chronic diseases. A nutritious diet can extend longevity, strengthen the immune system, and lessen the risk of chronic diseases. Physical activity can also improve brain health, minimize disease risk, and build bones and muscles. It is true that while longevity may seem uncontrollable, many good lifestyle choices can contribute to early death. The plant-based diet, giving up smoking, managing stress, exercising, and getting adequate sleep were among them. Health is beneficial for the environment, according to research as well. What is healthy for the earth is also beneficial for us, as the pandemic and climate crises have made abundantly evident. For instance, we lessen our influence on the world when we choose wholesome, plant-based foods. We carry out missions when we walk or ride a bike. We no longer need to keep purchasing "stuff" that ends up in landfills when we are happy with who we are. Since we are a part of a larger system, caring for one involves caring for everyone. It is a fact that humans and the environment are intertwined. More than just a place for us to live, our built and natural environments. Our physical and emotional well-being is impacted by the state of the four world. Environmental health refers to this important interaction between people and their surroundings.

One of the benefits of health is having more life force energy (2018). We can have a deep sense of wellbeing when we are in optimal health, which varies for each individual. It results from having a good sense of self and the world, being well-rested, relaxed, and uneasy. When it occurs, we may almost feel life rushing through our veins. Our clarity, motivation, and inspiration are enhanced by maintaining balance and allowing life force energy to naturally flow through our bodies and minds. Mindfulness and meditation are two ways to tap into this power. This exercise can improve our body's energy flow, which improves our



overall wellbeing. Sleeping well is also essential since it helps you wake up feeling rested and energized for the day. Also, being healthy aids in memory improvement. Whether you want to improve your memory or prevent degenerative diseases like Alzheimer's, there are lifestyle choices you can make to give yourself the greatest opportunity. Diet, stress, and exercise are all important factors in cognitive processes. Maintaining a nutritious diet, getting regular exercise, quitting smoking, and monitoring blood pressure, cholesterol, and blood sugar levels are some of the tried-and-true methods to protect memory. Being well also helps one get a good night's sleep. This is a positive feedback loop whereby better sleep leads to better feelings of well-being and vice versa. Thus, all we need to do is figure out how to interrupt this constructive loop and reap the benefits. Obtaining enough sleep can have a significant impact on your blood pressure, weight, emotional and physical health, diabetes, and overall function. Sleep quality enhances mood, health, and brain function.

Many diseases and disorders are frequently linked to inadequate sleep.

Clearsupbadskin by GoodHealth, 2007. Although it may seem like we've been cursed with terrible skin, for many people the issue is in their food rather than their genetics. Cutting out these items may have a number of health benefits, one of which could be improving skin. One recent study linked increased incidence of acne to both sugar and dairy. Taking charge of your life is also influenced by your health. It is empowering to make choices that result in good things. We might thus feel a great sense of accomplishment when we choose to make adjustments that improve our health and the act of them. As a result, we feel more confident and capable of controlling our own lives rather than being at the mercy of the outside world. Among the advantages of health is increased happiness. It is simple to understand how being well might lead to greater happiness given all these advantages of health. Happiness may seem far away when we're worn out, stressed, unwell, and worried, yet little actions can come a long way. Outcomes through time. In conclusion, I would like our people to keep up their healthy lifestyles by doing more exercise, eating a balanced diet, and doing a lot more. All the health benefits will manifest in our life as a result of doing this.



Reference

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