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**Dr. Rahul Rajan Bhosale**

Director of Physical Education & Sports, Agasti Arts, Commerce and Dadasaheb Rupwate Science College Akole, Ahmednagar, Maharashtra, India

## Lifestyle is important factor of health

**Dr. Rahul Rajan Bhosale**

### Abstract

Good lifestyle is very important for healthy society. A good lifestyle builds a good society. Lifestyle has become popular concept, not just in the social and health sciences, but in Western scientists at large. Lifestyle plays an important role in staying healthy. Overall health is what we have placed in our body, we came strictly and consistently to maintain our physical fitness, but physical fitness. More than anything else, help in protecting our body from disease and diseases and keeps us strong and healthy in the future.

**Keywords:** health, lifestyle, physical fitness, illness, disease

### Introduction

Everyone has a different lifestyle and he work accordingly. Lifestyle is way used by people groups and natures and is formed in specific geographical, economic, cultural, political and religious text. Lifestyle is referred to the characteristics of inhabitants of a region in special time and place. It includes day to day behaviors and functions of individuals in job, activities, fun and diet. Its recent decade's lifestyle as an important factor for health is more interested by researchers. According to the WHO, 60% of related factors to individual health and quality of life are correlated to lifestyle. Millions of people follow an unhealthy lifestyle. Hence, they encounter illness, disability and even death. Problems like metabolic diseases, joint and skeletal problems, cardio-vascular diseases; hypertension, overweight, violence and so on can be caused by an unhealthy lifestyle (Jain A.K 2020) [1].

### Changing Lifestyle

Today, wide changes have occurred in life of all people. Malnutrition, unhealthy diet, smoking, alcohol consuming, drug abuse, stress and so on are the presentations of unhealthy lifestyle that they are used as dominant from of lifestyle. Besides, the lives of citizens face with new challenges for instance, emerging new technologies within. It's such as the internet and virtual communication networks, lead our world to a major challenge that threatens the physical and mental health of individuals. Therefore, according to the existing study's, it can be said that; lifestyle has a significant influence on physical and mental health of human being. Some variables of lifestyle that influence on health (Agrawal JC 2009) [2].

#### 1. Exercise

Exercise is a very important for good health. For treating general health problems, the exercise is included in lifestyle. The continuous exercise along with a healthy diet increases the health. Some study stress on the relation of active lifestyle with happiness.

#### 2. Sexual Behavior

Normal sex relation is necessary in healthy life. Dysfunction of sex relation is the problem of most of societies and it has a significant effect on mental and Physical health. It can be said that dysfunctional sex relation may result in the various family problems or sex related illness (Dr Malik Satish 2019) [3].

#### 3. Diet and Body Mass Index

Diet is the greatest factor in lifestyle and has a direct and positive relation with health. Poor

**Corresponding Author:**

**Dr. Rahul Rajan Bhosale**

Director of Physical Education & Sports, Agasti Arts, Commerce and Dadasaheb Rupwate Science College Akole, Ahmednagar, Maharashtra, India

diet and consequences like obesity is the common healthy problem in urban societies. Unhealthy lifestyle can be measured by Body mass index. Urban style leads to the nutrition problems like using fast food and poor food, increasing problems like cardiovascular.

#### 4. Sleep

One of the bases of healthy life is the sleep. Sleep cannot be apart from Life. Sleep disorders have several physiological, social, economic and healthy consequences. Lifestyle may effect on sleep and sleep has a clear influence on mental and Physical health (Rajagopal I 2014) <sup>[4]</sup>.

#### 5. Application of Modern Technologies

Advanced technology facilitates the life of human beings. Misuse of technology may result in unpleasant consequences. For example, using of computer and other devices up to my midnight. May effect on the pattern of sleep and it may disturb sleep. Addiction to use mobile phone is related to depression symptoms (Belinda Wheaton 2011) <sup>[6]</sup>.

#### 6. Medication Abuse

It is a common from using the medication in several countries and it is considered as an unhealthy lifestyle. Unhealthy behaviors in using medication are as followed; self-treatment, sharing medications, using medication without prescription, prescribing too many drugs. Unnecessary drugs, bad handwriting in prescription, discharged to the contract contradictory drug disregard to harmful effects of drugs not explaining the effect of drugs.

#### 7. Study

Study is the exercise of soul-places study as a factor in lifestyle, may lead to more physical and mental health. For example, prevalence of the dementia, such as Alzheimer's disease in law Erin educated people. Study could slow process of dementia (Ebadi M, Vandania 2011).

#### 8. Substance Abuse

Addiction is considered as an unhealthy lifestyle. Smoking and using other substance may result in various problems, cardiovascular disease, a stoma, cancer brain injury. According to the recent studies in society, 43% of other females and 64% of males experience the use Hubble- bubble. A longitudinal study shows that 30% of people between 18-65 years old smoke cigarette permanently. These are several positive lifestyle factors that can promote good health if you want to live a long and healthy life. Certainly, you can't change your genes or much of the environment around you, but making educated and international choices when it comes to diet, activity. Sleep, alcohol use and smoking can reduce your health risks and potentially add years to your life (WHO 2011) <sup>[7]</sup>.

#### Maintain A Good Lifestyle

Good nutrition, daily exercise and adequate sleep are the foundations of healthy living. A healthy lifestyle keep your feet, energetic and at reduced risk of for diseases. According to WHO. Healthy living is a way of living that helps you enjoy more aspects of your life. It is a way of living that lowers the risk of being seriously ill or allying early. Health is not just about avoiding a diseases or illness. It is about physical, mental and social well-being too. When you adopt a healthy lifestyle, you provide a more positive role model for other people in your family, particularly children. You will

also create a better environment for them to grow up in, by helping them to follow a healthier lifestyle. You will be contributing to their wellbeing and enjoyment of your life now and in the future (Ravikumar N.G 2020) <sup>[8]</sup>

#### Conclusion

Good lifestyle and good habits always keep a person physically and mentally fit. For a longer and more comfortable life, you should at adopt a healthy lifestyle. Fitness and fitness can be easily solved by beginners. Start walking and little bit each day increase your speed and distance just like you feel strong.

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