

Spreading awareness on the importance of family health and fitness

Ask people what they mean by “being healthy” or “feeling well” and you probably will get a variety of answers. Most people usually think of health as the absence of disease. Although it is true that not feeling sick is one important aspect of health. Just as important, is the idea that health is a sense of optimum well-being – a state of physical, mental, emotional, social, and spiritual wellness. Contained in this view is the idea that health can be obtained by living in harmony with yourself, with other people, and with your social and physical environment.



It's also important to keep in mind that health is not static; it is a dynamic process that takes into account all the decisions we make daily, such as which foods we eat, the amount of exercise we get, whether we drink alcohol before driving, wear seat belts, or smoke cigarettes. Every choice we make potentially affects health and wellness. Sometimes the social and physical environment presents obstacles to making healthful choices. For example, a person may know not to eat fatty, fast food every day, but this kind of food may be easier to obtain than healthier alternatives.

Taking responsibility

Today the leading causes of illness and death in the United States and much of the industrialized world are not due to infections, but to “lifestyle diseases”. These diseases, such as heart disease and cancer, mostly result from people’s behaviors the ways in which they live.

Heart disease results primarily from today’s lifestyles, which include overweight, cigarette smoking, lack of exercise, lack of exercise, high levels of stress, and high blood pressure and high levels of blood cholesterol. Cancer is associated with both nutritional and environmental factors. Poor nutrition, smoking cigarettes, exposure to hazardous substances environmentally can initiate biological changes that can result in cancer.

A major characteristic of so many lifestyle diseases is that they are chronic diseases that persist for years or life. Chronic diseases lower the quality of life of the affected person and usually shorten the life span. A chronic disease also tends to affect a patient’s family.

Final thoughts

It is said that knowledge is power, but with regard to living healthfully, that isn’t always the case. What better time to spread awareness about family health and wellness than the month of June? With warmer weather, why not dedicate to giving individuals the desire and willpower and of course equipping them with adequate research planning to stay health. Stay tuned for more upcoming blog posts on family health and wellness and suggestions to staying healthy.

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