

HEALTHY LIFESTYLE AWARENESS MONTH

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IEHW: Enquiry: Mamogale ME 018 -2008308

Healthy lifestyle awareness is the promotion of healthy habits and behaviors. It is aimed at building awareness about proper nutrition, physical activity, sleep, mental wellbeing and to prevent lifestyle diseases.

What are lifestyle diseases and how to prevent them?

Lifestyle diseases are silent killers and are associated with chronic conditions mainly arising from how you live rather than infections or genetic illnesses such as:

- 📌 cardiovascular disease,
- 📌 hypertension,
- 📌 type 2 diabetes, and
- 📌 obesity-related complications.

The term "silent killers" refers to how these specific illnesses can worsen undetected, often only becoming apparent when severe complications have set in. These underlying health conditions might develop over many years due to various factors such as an *unhealthy diet, physical inactivity, prolonged stress, and harmful habits like smoking or excessive alcohol consumption.*

Recognizing the risk factors

Recognizing the risks and being proactive earlier can help prevent lifestyle diseases and chronic conditions. Most importantly, it can help you make better-informed decisions by recognizing warning signs, changing specific habits and improving your quality of life.



Some of the primary risk factors for lifestyle diseases include:

A Poor Diet:

Maintaining a balanced diet high in fruits, vegetables, and whole grains can improve nutrient absorption, boost energy levels, increase immune health, and regulate overall health.

Sedentary Lifestyle:

Regular physical activity can help improve cardiovascular health and maintain a healthy weight. A lack of exercise can contribute to metabolic disorders such as diabetes and obesity, which lead to other life-threatening health concerns like nerve damage and kidney disease.

Stress:

Chronic stress has been linked to various severe health concerns, including high blood pressure and cardiovascular disease.

Smoking and Excessive Alcohol Consumption:

These unhealthy habits can contribute to different health outcomes, such as a high risk for cancer, lung disease or liver damage.

Family History:

While lifestyle plays a significant role, a family history of certain conditions can increase risk.

Prevention Strategies for a Healthier Lifestyle

- 📌 Exercise regularly
- 📌 Eat healthy meals
- 📌 Limit unhealthy foods
- 📌 Stay hydrated by drinking water
- 📌 Limiting sugary drinks
- 📌 Get enough sleep
- 📌 Reduce sitting and screen time
- 📌 Practice stress reduction techniques
- 📌 Practice good hygiene
- 📌 Avoid harmful substances
- 📌 Regular health checkups