



Article

Healthy Lifestyle in Modern Society

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Abstract: The healthy living challenge In today's fast pace, technology led environment, the need to stay healthy has become more important and so too are all the obstacles that are in place to prevent it from happening. Today's lifestyle adds convenience that enhances comfort and productivity while adopting routines, such as sedentary time, poor eating behaviors and increased screen exposure with the consequence of either physical or mental health disturbances. Healthful Behavior In today's society, key physiologically and psychologically important activities associated with living a healthy lifestyle are balanced nutrition, regular physical activity, mental wellness, adequate sleep, and avoiding harmful behavior that is not necessary. This course examines the big lifestyle dilemmas that confront people in today's modern world, and points out how everyday decisions can affect long-term health. It reminds us that only his realization of the effects of and sensible use are how to maintain a healthy lifestyle and add quality to life by prevention. Having a healthy lifestyle is important because it helps everyone to live better and have stronger growth in their health.

Keywords: Modern Life, Society, Harmful Habits, Lifestyle, Happy and Healthy, Physical Activity.

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1. Introduction

Challenges of modern living, such as lack of time, abundance of unhealthy artificial foods, increasingly sedentary lifestyle due to desk work and screens/ television viewing, higher stress levels at work or home base, financial blockage to more healthful options with social influence interfering negatively, while digital distraction combined with environmental contaminants make healthy daily food practice a struggle [1].

How in this world can we manage our diet In this modern era and how should we avoid Eating junk food? In today's society, fast food is made accessible to consumers easily and quickly due to their tastes, convenience factors and promotion. But eating junk food regularly is not a healthy lifestyle. Eating what is not good for you and replacing it with healthy, modern food is an integral part of a balanced diet.

Foods like fried snacks, sweetened drinks, packaged chips and sweets are typically calorie-dense but low in healthy fats, sugar, sodium and essential nutrients. Frequent consumption can result in obesity, high blood pressure, diabetes, heart disease and digestive ailments. There is also a mental impact that junk food has on us, which includes lethargy issues or lack of focus and mood swings [2].

This will none can avert in a day It needs times to cope with it, So we must take it as challenge. From Dr. Maxwell Maltz's 1960 book Psycho-Cybernetics, that we will habitually need twenty-one days to form a new habit: so, it is not always true and possible to break the addiction within a span of three weeks an average duration we may quit this

crap entirely by 66 days. According to the university college London study, there is a shift in activities after 66 days on an average [3].

So then we have to accept the challenge that we can abstain from those activities within 66 days. You could begin from Day 1, for an ex :- if one is addicted to drinking soft drinks five or six times a day then he can avoid the habit not suddenly but by reducing the count on a particular day and finally making himself to avoid totally so in such way we can change ourselves. Switching out fast food for cooking at home, Baked or grilled rather than fried in oils, and Freshly made fruit juices instead of sugar packed beverages. If just a single step could save your beautiful life [4].

2. Methodology

Method This is a descriptive analytical study designed to investigate the concept of healthy lifestyle in this new century and clarifying its contributing factors for physical, mental health. The study is based on an analysis of available scientific literature, reports from international health organisations and previously published academic studies on nutrition, physical activity, mental health, sleep and addictions.

Secondary data were obtained from reputable sources like National Institutes of Health publications, university-led studies and peer-reviewed journals. The research also undertakes a comparative analysis of modern day healthy and unhealthy lifestyles, and the effects of technological development, dietary practices, and lifestyle modifications.

Furthermore, common daily life-style habits seen among students/younger adults were also studied by logical reasoning and in general observation. The results were discussed in a qualitative manner to emphasize the relationship between lifestyle and general health. This methodological model could contribute to a more complete understanding of the influence of contemporary lifestyle on human health, highlighting the role that preventive measures play in achieving a healthy lifespan.

3. Results and Discussion

Physical inactivity, Advancement of technology has lessened the requirement for physical effort which resultants into sedentary living. Regular physical exercise is required to ensure a healthy body weight, to build up muscles and bones, and to enhance heart and lung function Such activities like walking, running, cycling, swimming are doing aerobic exercises for at least 30 minutes per day can significantly reduce the risk of chronic disease and improve physical fitness [5].

The demands of contemporary life – academic pressure, work stress, social standard and ubiquitous connectivity with digital devices generate tension. The importance of mental health to physical health. Activities such as meditation, deep breathing, mindfulness and being social are known to decrease stress and anxiety. Short breaks from screens and time spent in nature also supports emotional equilibrium. We should spend at least one half of an hour outside from our very polluted comfort zone to live a happy and healthy life by reducing stress and anxiety [6].

It's importance of getting enough sleep, Sleep is often the first thing to go when faced with a demanding work or social schedule. Adults need to get 7–9 hours of good quality sleep each night. Quality sleep enhances focus, memory, productivity, immunity and mood. Adhering to a consistent bedtime routine, and reducing screen time before going to sleep can enhance the quality of sleep [7].

Elimination of negative behaviors A healthy lifestyle involves the avoidance of unhealthy habits such as smoking, excessive alcohol consumption and drug use. These behaviors lead to a host of serious health issues, such as cancer, liver disease and heart conditions. Selecting healthy options and practicing self-control are essential to long-term health [8].

However, In modern life, the pursuit of a healthy lifestyle is no longer a passive choice. Through balanced diet, physical exercise, mental health strategies and avoiding harmful habits, people can enhance the quality of their life and reduce a wide range of diseases [9]. Image: Twenty20 / blves_ A healthy lifestyle is good not just for people, but I would argue for society in general. INFOSYS founder got cancer because of working for 100 hours a week) Even 2000 years back Ralph Waldon Emerson said “The first wealth is health” so health is real wealth and not pieces of gold and silver. So keep as you are means healthy, so results anything can do in this modern society[OF 10].

Today, life of every person has been changed greatly. Unbalanced nutrition, of course is also a human unhealthy diet done by the inability to eat halal, smoking, drinking alcohol and drug abuse as well as with stress and so many other things are forms of an unhealthy life style that have been made use as dominant form. Meanwhile, the people's lives are confronted with emerging problems [11]. For example, with new technologies in IT coming up like internet and virtual communication networks the world is going into a challenge that threatens the physical and mental health of people. The problem is the abuse and misuse of technology [12].

In conclusion, based on the previous researches, it can be concluded that: Lifestyle is strongly correlated to human physical and mental health. There are variations of such influences. Endogamy in certain race is a type of overwhelming mode of life style such that even the genetic disorders are resulted due to this [13]. Elimination of this unhealthy life style is a preventing cause to reduce the level of genetic diseases. An excessive prescription of drugs is a serious unhealthy life style in some countries. Which indicates, Iran is amongst 20 countries with the highest consumption of drugs [14]. They would rather be medicated than sexed. In addition, 15–40% self-medicate without prescription. The most usage of pain relievers, eye drops and antibiotics was through Iran. Including self-prescribed antibiotics would have a detrimental effect against the immune system, and therefore if it were to be exposed to infection, that case would not heal with antibiotics [15]. In total, 10 percent of cases that self-medicate will become severely complicated, such as resistance.

4. Conclusion

Finally, in contemporary society, a healthy lifestyle is not only important – it is an obligation and duty of each individual. Fast-paced technological advancements, junk foods at every corner of the city, sedentary lifestyle, and hasty modern life, stress in daily routine due to higher expectations have brought about a detrimental effect on health (both physical and mental). But such obstacles are not insurmountable, as they can be remedied with a lifestyle that people need to adopt and behavior pattern modifications. The research emphasizes that balanced nutrition, exercising regularly, getting a proper amount of sleep, practicing mental health, and not indulging in unhealthy habits are important to maintain health and prevent diseases. Small but enduring lifestyle modifications, including cutting down on junk food intake, exercising daily, and learning how best to manage stress, can help you live a healthier life now and in the future. In addition, healthy promotion not only enhances individual health status but also leads to a healthier and more productive society. Good health is the key to being successful and happy in modern life, as it has been aptly said, “Health is wealth.” Hence, to sensitize individuals and promote healthy lifestyle behaviour should be upper front in modern society.

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