





## What is a healthy lifestyle?

A lifestyle based on making the right choices, such as



Scientists and doctors advise that a person should follow a healthy lifestyle to maintain his health.

It is well proved that healthy habits make a big difference in the long run. According to some studies, people who followed healthy habits lived significantly longer than those who did not include any of them in their lifestyle.





Moreover, people without any of such habits were more likely to die early from cancer or cardiovascular disease.

## Physical Activity

Lack of physical activity is a major risk factor for many diseases, including cardiovascular diseases, cancer and diabetes.



Practicing sports brings great benefits to your health and prevents many diseases.

Unfortunately, many in our society neglect sports. Studies have found that the lack of physical activity among adults **has reached more than 80%.**





## Definition of Physical Activity

Any form of body movement that is produced by the contraction of skeletal muscle and therefore results in energy expenditure. It includes activities while working, playing, performing household work, and recreational activities.



## Types of Physical Activity

### Aerobic Activity:



It is the movement of the big body muscles, such as: the arms and legs. It helps to increase heartbeats. You may have difficulty in breathing during activity, but over time, it






helps to strengthen the heart and lungs and makes them able to work better.

**Examples:** Running, swimming, walking, cycling, dancing, jumping and more.




## Muscle Training

 It helps to strengthen and build muscles and increase muscle endurance.

**Examples:** push-ups, lifting weights, climbing stairs, digging in the garden, etc.




## Bone Strengthening

 This type of activity helps to make bones strong, such as feet and legs bones.

**Examples:** Running, walking, jumping rope, lifting weights, etc.



## Stretching

 Stretching muscles to maintain and improve flexibility of the muscles and the surrounding joints, which promotes mobility and performance of joints with full efficiency.





**Examples:** Stretching to touch the toes, doing yoga, etc.



## **Benefits of Physical Activity:**

- Helps control weight.
- Helps improve mental health and prevent mental illness.
- Helps raise the level of good cholesterol in the blood.
- Helps reduce weight.
- Prevent chronic diseases.





## Recommended Amount of Physical Activity

The World Health Organization recommends as follows:

Age	Duration	Examples
5-17 years	At least 60 minutes a day	Walking, running, playing football, basketball and cycling.
18 years and above	<b>Moderate Physical Activity:</b> at least 150 minutes per week or <b>Intense Physical Activity:</b> 75 minutes per week	







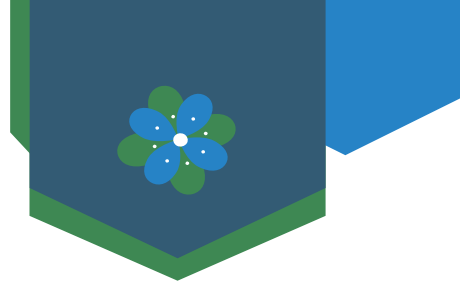
It is recommended to consult a physician for those with chronic diseases, **such as:** heart disease, lung disease, or diabetes to determine the types and amounts of physical activity appropriate for them.

## Healthy Diet:

- 🍏 Eat a balanced diet that contains a variety of foods, but in moderation, to ensure that you get all the nutrients your body needs. Take care to avoid overeating.

## An example of a healthy plate





- 🍏 Main meals are mainly based on starchy foods, such as bread and cereals (rice, barley, corn, oats, potatoes, etc.). However, it is recommended to rely on whole-grain types as much as possible, as they contain a higher percentage of fiber, which facilitates digestion and prolongs a person's feeling of satiety.
- 🍏 Eat more fruits and vegetables
- 🍏 Eat fish as a good source of protein. It contains a lot of vitamins and minerals and also contains omega-3. It is recommended to eat two servings of fish per week.
- 🍏 Avoid or try to reduce saturated fats. Our bodies need fats in our diet, but it is important to choose the good types.





## There are two main types of fat:

### Saturated Fat

Saturated fat is harmful to human body, because they raise the level of cholesterol in the blood, increasing the risk of heart disease and strokes.

Saturated fats can be found in butter, ghee, cocoa butter, as well as "hydrogenated vegetable oils" or "hydrogenated vegetable fats", and most of the fats found in various products such as baked goods (cakes, biscuits, pastries, chips and sweets).





## Unsaturated Fat

Unsaturated fats contain fewer calories. They help reduce blood cholesterol, heart disease, and cerebral strokes. Unsaturated fat can be found in:

Olive Oil, Canola Oil, Soy oil, Corn oil, Sunflower oil as well as Avocado, Sunflower Seeds, Sesame and Pumpkin, Almonds, Tahini, Walnuts, Flaxseeds, Peanuts and Nuts.





## General Tips

- 💡 It is recommended to consume low-fat dairy products, as well as meat and poultry products that contain less fat.
- 💡 Try to reduce sugar intake, as it has many negative effects on your health.
- 💡 It is recommended to reduce salt intake, because too much salt leads to hypertension, and people with hypertension are more likely to suffer from strokes.
- 💡 Avoid thirst. Men need about 3.7 liters per day of fluids, while women need 2.7 liters to stay hydrated.





## Body Mass Index (BMI)

It is a global standard measure for knowing whether a body is underweight, healthy weight, overweight or obese compared to the ideal weight, which is determined according to the weight and height. Using a simple formula for weight and height, you can know the state of your body weight.

### BMI Formula

$$\text{BMI} = \text{Weight} / (\text{Height} * \text{Height})$$

### Example

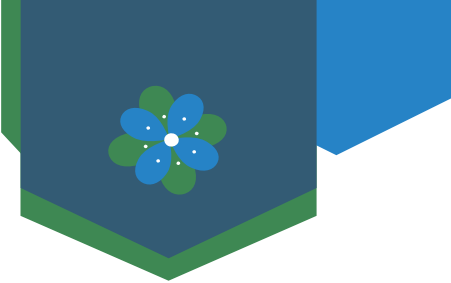
For a person who is 1.7 meters tall and weighs 72 kg, BMI is calculated as follows:

$$72 / (1.7 * 1.7) = 24.9$$

Which is a healthy weight.



# BMI Guide



Underweight	Less than 18.5
Healthy	18.5-24.9
Overweight	25-29.9
Class 1 Obesity	30-34.9
Class 2 Obesity	35-39.9
Class 3 Obesity	40+

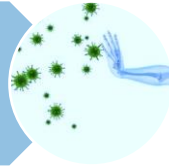




## Sleep

Sleep has many benefits for the body health including:

**Strengthening the immune system and fighting diseases**



**Helps control weight**



**Helps clear the mind and focus**







## Recommended Sleep Hours by Age Group:

### ☀ Newborns (0-3 months):

Total sleep hours from 14-17 hours a day.

### ☀ Infants (4-11 months):

Total sleep hours are two hours plus 12-15 hours.

### ☀ Toddlers (1-2 years old):

Total sleep hours are one hour plus 11-14 hours.

### ☀ Preschoolers (3-5 years old):

Total sleep hours are one hour plus 10-13 hours.

### ☀ School age children (6-13 years old):

Total sleep hours are one hour plus 9-11 hours.





☀️ **Teens (14-17):**

Total sleep hours are one hour plus 8-10 hours.

☀️ **Younger adults (18-25):**

Total sleep hours are 7-9 hours.

☀️ **Adults (26-64):**

Total sleep hours are still 7-9 hours.

☀️ **Elderly (65 years and over):**

Total sleep hours are 7-8 hours.



# لأن الوعي وقاية ..

إدارة التثقيف الصحي

Health Promotion Department

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