

Health Week



The Health

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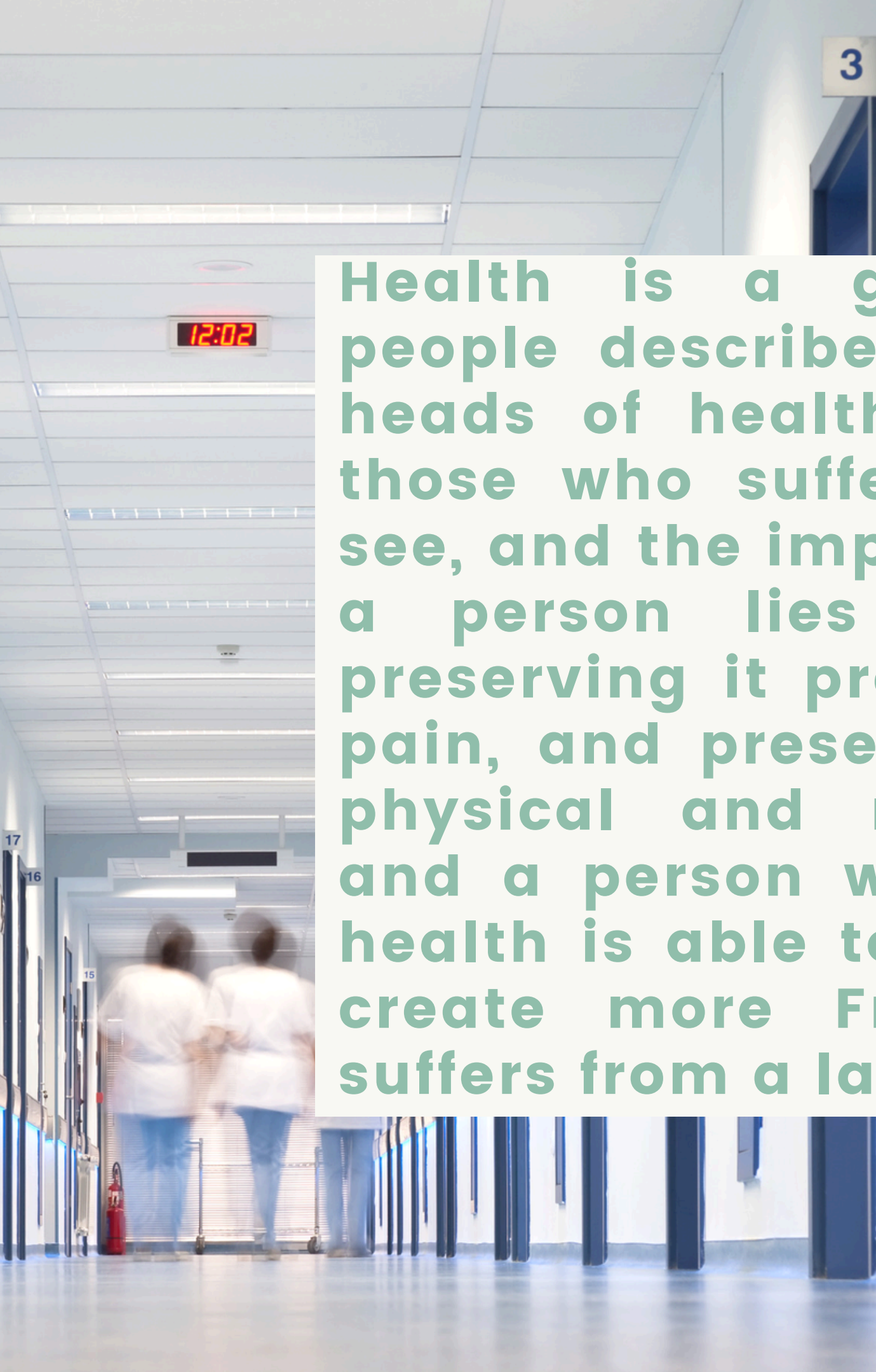


Health is the most important thing that a person possesses, so he cannot risk it because it is a blessing from God. But in order to avoid these diseases, let us make our food moderate and not eat more fast food, so as not to become obese and with it many diseases.

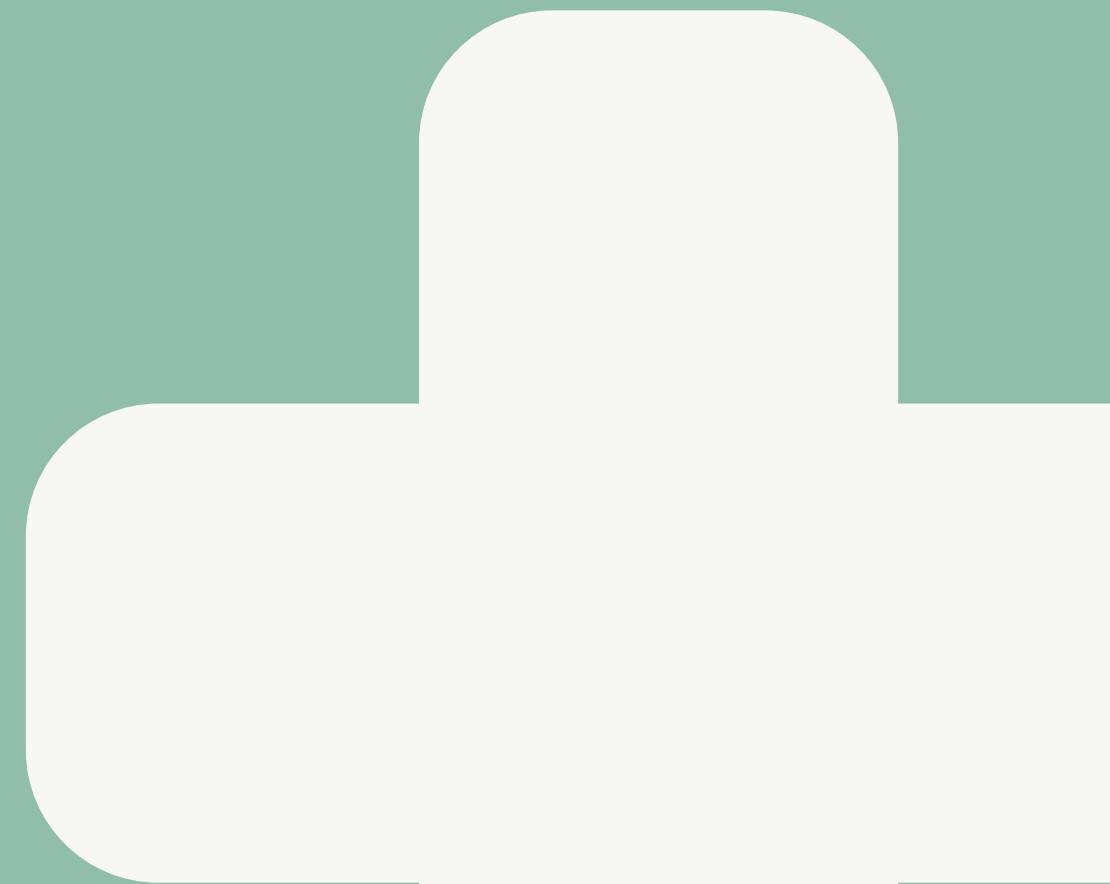




A person needs to eat food to ensure that the body gets what it needs to grow properly and maintain the body's safety, and there are many practical tips that are concerned with following healthy diets, the most important of which are the following: reducing the amounts of sugar consumed during the day, by avoiding soft drinks, juices Fruits and canned foods. Use small plates when eating the main meals, to contribute to the feeling of satiety from small amounts.



Health is a great blessing that people describe as a crown on the heads of healthy people that only those who suffer from its loss can see, and the importance of health for a person lies in the fact that preserving it prevents his feeling of pain, and preserves his energy and physical and mental capabilities, and a person who enjoys complete health is able to produce, excel and create more From a person who suffers from a lack of health





Health can be considered as the level of our physical and functional abilities to adapt to the changes in the surroundings and make the system in our body work properly. There is a specific definition given by WHO (World Health Organization) in its 1948 constitution, about health and that is, “It is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”



There are many things that help our health, including healthy eating, exercise, and early sleep. Healthy eating helps us regulate hormones and everything the body needs. Exercise helps you to keep your health regular and your heart rate good. Early sleep helps you stimulate your brain and blood circulation . Everything in our lives is as important as these things.

Avoid getting hungry and try to eat at least regular small meals every 4 hours. Rely on food prepared at home and stay away from ready-made foods that contain large amounts of fat and salt. Working to ensure that the individual obtains a variety of nutrients, vitamins, and minerals, by diversifying the colors of fruits and vegetables that make up the meals during the day.





Maintaining good health is a vital part of an individual's well-being. Poor physical health impacts the emotional health of a person, his relationships with others, financial condition and much more. So, it is important to adopt a healthy lifestyle and encourage others to stay fit.

Finally, for better health you must do some practices that make your life healthier, such as :



Talking to people who love you and care for you

Avoid eating unhealthy foods that contain a lot of cholesterol, fats and harmful sugars



Exercising continuously, and enjoying fresh air away from pollutants

Eating Healthy foods, avoiding soft drinks and replacing them with natural juices

