

6

STEPS TO IMPROVE YOUR LIFE



Medical advances and decent living standards have enabled most women to survive into their late 70s or early 80s. A longer life, however, does not always imply better health. Good health is a lifetime commitment to deliberate action with the goal of preventing chronic illness and slowing the ageing process.

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Do things
at your
own pace.
Life's not a
race.



Yearly health examination:

Regular doctor visits are essential for long-term health since they aid in the detection of underlying health conditions. Regular well-woman checks can discover major health problems such as high blood pressure and high cholesterol levels. Mammograms, Pap testing, HPV screenings, and osteoporosis screenings are also indicated. A fibre-rich diet can help you manage your weight, prevent chronic illnesses, and live longer.



Increase physically activity:

Regular physical activity is important for women since it can result in lower blood pressure, cholesterol levels, and a reduced likelihood of chronic illnesses. It can help relieve symptoms including hot flashes, nighttime sweats, and moodiness as women approach menopause. 30-60 minutes of moderate-intensity exercise will help you sleep better, have more energy, reduce your cravings for unhealthy foods, and maintain a healthy body weight. Fitness trackers, weekly competitions, climbing the stairs, parking farther away, and walking can all help to increase exercise. Strength, endurance, flexibility, balance, and mobility should all be emphasised in a well-rounded workout programme.

Sleep is a top priority:

Women's sleep is frequently hampered by the pressures of modern life. Quality sleep, on the other hand, has several health benefits, including increased productivity, emotional stability, and long-term health. Women who do not get enough sleep are more likely to struggle with weight control, memory challenges, and heart disease. Avoid caffeine after 2 p.m., screen time, and adopt meditative practises such as deep breathing or bedtime journaling to improve sleep habits.



Drink more water:

Because our bodies are 60% water, it is critical that we drink adequate water for our health. Drink at least eight glasses of water per day. Water will assist your body in flushing out impurities while also keeping your skin nourished and healthy.



Improve your diet:

Eating healthy doesn't mean bland food; it can include fresh flavours and colourful plates. Consume whole, fresh foods and look for low-fat, whole-grain or vegetarian alternatives. Add herbs and spices for flavour and interest. Increase fibre in plant-based foods, as a fibre-rich diet can help maintain a lower body weight, avoid chronic illness, and live longer.

