


Lifestyle Management: Achieving & Maintaining Good Health


"Lifestyle of Champions"

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“Healthy” Definition:

 Health: the state of being free from illness or injury; a person’s mental or physical condition. Healthy: in good health. Fit. Not diseased, Well-being, good condition, good shape, strength, vigor, wellness, Physical state, shape, condition, constitution.

“Healthy” Definition:



-  Health is the level of functional or metabolic efficiency of a living organism. In humans, it is the general condition of a person's mind and body, usually meaning to be free from illness, injury or pain (as in "good health" or "healthy").[1] The World Health Organization (WHO) defined health in its broader sense in 1946 as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." [2][3].

“Healthy” Definition:

- Those who prevent or cure health problems and promote good health in humans are called health care providers. Those working with animal health are in the veterinary sciences. The term "healthy" is also used with non-living human organizations such as healthy communities, healthy cities or healthy environments.



“Healthy” Determinants:

-  Factors influencing health
-  In addition to health care interventions and a person's surroundings, a number of other factors are known to influence the health status of individuals, including their background, lifestyle, and economic, social conditions, and spirituality; these are referred to as "determinants of health." Studies have shown that high levels of stress can affect your health.[8]


“Healthy” Determinants:

- 🌐 Generally, the context in which an individual lives is of great importance for both his health status and quality of life. It is increasingly recognized that health is maintained and improved not only through the advancement and application of health science, but also through the efforts and intelligent lifestyle choices of the individual and society.

“Healthy” Determinants:

- 🌐 According to the World Health Organization, the main determinants of health include the social and economic environment, the physical environment, and the person's individual characteristics and behaviors.[9]

“Healthy” Determinants:





 More specifically, key factors that have been found to influence whether people are healthy or unhealthy include the following:[9][10][11]

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“Healthy” Determinants:

- 🌐 Income and social status
- 🌐 Social support networks
- 🌐 Education and literacy
- 🌐 Employment/working conditions
- 🌐 Social environments

“Healthy” Determinants:

-  Physical environments
-  Personal health practices and coping skills
-  Healthy child development
-  Biology and genetics


“Healthy” Determinants:

 Health care services




 Gender

 Culture


“Healthy” Determinants:

 We have identified three interdependent fields as key determinants of an individual's health.

“Healthy” Determinants:

-  **Lifestyle:** the aggregation of personal decisions (i.e., over which the individual has control) that can be said to contribute to, or cause, illness or death;
-  **Environmental:** all matters related to health external to the human body and over which the individual has little or no control;
-  **Biomedical:** all aspects of health, physical and mental, developed within the human body as influenced by genetic make-up.

“Healthy” Determinants:

-  Focusing more on lifestyle issues and their relationships with functional health, data from the Alameda County Study suggested that people can improve their health via exercise, enough sleep, maintaining a healthy body weight, limiting alcohol use, and avoiding smoking.^[17] The ability to *adapt* and to *self manage* have been suggested as core components of human health.^[18]

“Healthy” Determinants:



Genetics, or inherited traits from parents, also play a role in determining the health status of individuals and populations. This can encompass both the predisposition to certain diseases and health conditions, as well as the habits and behaviors individuals develop through the lifestyle of their families. For example, genetics may play a role in the manner in which people cope with stress, either mental, emotional or physical

“Healthy” Determinants:



. For example, obesity is a very large problem in the United States [citation needed] that contributes to bad mental health and causes stress in a lot of people's lives. (One difficulty is the issue raised by the debate over the relative strengths of genetics and other factors; interactions between genetics and environment may be of particular importance.)

“Healthy” Mind:

- 🌐 The World Health Organization describes mental health as "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community".[25] Mental Health is not just the absence of mental illness.

“Healthy” Mind:



Mental illness is described as 'the spectrum of cognitive, emotional, and behavioural conditions that interfere with social and emotional well-being and the lives and productivity of people. Having a mental illness can seriously impair, temporarily or permanently, the mental functioning of a person. Other terms include: 'mental health problem', 'illness', 'disorder', 'dysfunction'. (Hungerford et al. 2012).

“Healthy” Body:



A Healthy Diet



An important way to maintain your personal health is to have a healthy diet. A healthy diet includes a variety of plant-based and animal-based foods that provide **nutrients** to your body. Such nutrients give you energy and keep your body running. Nutrients help build and strengthen bones, muscles, and tendons and also regulate body processes (i.e. **blood pressure**). The **food guide pyramid** is a pyramid-shaped guide of healthy foods divided into sections. Each section shows the recommended intake for each food group (i.e. Protein, Fat, Carbohydrates, and Sugars). Making healthy food choices is important because it can lower your risk of heart disease, developing some types of **cancer**, and it will contribute to maintaining a healthy weight.[28]

“Healthy” Spirit:

“Healthy” Occupation: