

# Healthy Lifestyle Options



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## Abstract

Many diseases, like cardiometabolic diseases, various cancers, hypertension, obesity, and associated diseases, have been linked to a healthier diet, good nutrition, and physical activity. young adults and adolescents who live a healthier lifestyle have many behavioral and psychological protective factors and also risk factors. This study focused on food consumption, exercise, & social life in order to determine public understanding of living a healthier lifestyle. This research, as many others before it, indicates that effective health promotion policy can represent a collectivist instead of an individualist ethos by including health prerequisites via a public health-promotion policy, in which academic environments promote a healthy lifestyle strategy by improving the levels of a nutritious, healthy, and diverse menu in cafeterias and providing students with a variety of activities that promote exercise and healthy eating.

## Healthy Lifestyle Choices

**MAKE HEALTHY LIFESTYLE A CHOICE**

The sun, cold weather, and dry air can take a toll on skin's texture, leaving it rough and dry. Making a few changes to your daily routine and lifestyle can soften and tone the skin over time.

- 1 START AN EXERCISE ROUTINE**  
Exercise tones your skin and improves your circulation. It also improves your overall health, which shines through in your skin. Incorporate the following types of exercises into your routine three or more times per week:
  - Cardio exercises like power walking, running, biking, or swimming. These exercises get your blood pumping and give your skin a healthy hue.
  - Weight training exercises with dumbbells. Strengthening your muscles improves your skin tone, making it look smoother.
  - Yoga and flexibility exercises. These types of exercises tone your muscles and make your skin look tighter.
- 2 EAT A BALANCED DIET**  
When you aren't getting the nutrients you need, it shows in your skin. Get your glow back by eating plenty of fruits, vegetables, lean protein, and whole grains. Incorporate foods that are especially healthy for skin, including the following:
  - Avocados and nuts. These contain healthy fats that your skin needs to retain its elasticity.
  - Nutrient-rich plants. Focus on produce that contains vitamin A, E, and C, like sweet potatoes, carrots, kale, spinach, broccoli, mangoes and blueberries.
- 3 DRINK A LOT OF WATER**  
Water plumps up your skin cells and makes your skin look fresh and bright. When you're dehydrated, your skin starts to dry out. Drink at least 8 glasses of water every day to keep your skin healthy. If you don't enjoy drinking glass after glass of water, these choices will also keep you hydrated:
  - Watery fruits and vegetables, like cucumbers, lettuce, apples, and berries.
  - Herbal tea and other tea that isn't caffeinated.
  - Try a glass of soda water with a squeeze of lemon for a refreshing alternative.
- 4 AVOID SUBSTANCES THAT ARE HARD ON SKIN**  
No matter how religiously you stick to your daily skin care routine, using certain substances will set you back on your quest for beautiful skin. Limit or completely cut out these skin-harming substances:
  - Tobacco. Tobacco stains skin and causes premature wrinkles. When it comes to damaging skin, tobacco is the worst culprit.
  - Alcohol. Too much alcohol can stretch skin out, especially around and under the eyes, because it causes the body to retain water. Limit alcohol to one or two drinks a few times a week.
  - Caffeine. Drinking a lot of caffeine dehydrates your body, which has an adverse effect on your skin. Limit your coffee to one cup a day, and follow it with a big glass of water.

**STOP SMOKING**  
**LIMIT ALCOHOL AND CAFFEINE INTAKES**



## Participants Survey Experience

**Research Methodology:** Over 1500 students at a major academic institution in Israel were given a self-reported, structured questionnaire. The research population was diverse in terms of gender as well as academic areas of study.

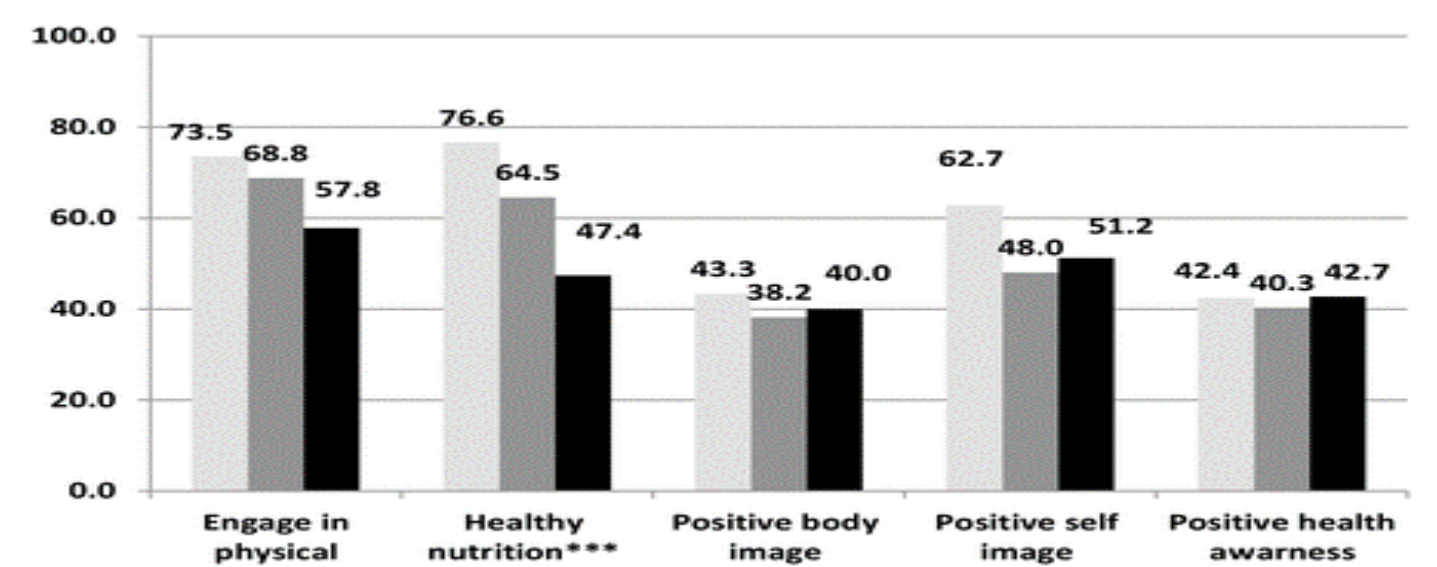
### Survey Participants - Comparison

Distribution of variables by gender (%).

Measure	All % (SE) N = 1,500	Female % (SE) N = 1,086	Male % (SE) N = 414	Pearson Chi-Square
<b>Health perceptions</b>				
1. Feeling in good shape is very important	42.9 (1.086)	37.2 (1.087)	52.9 (1.081)	***
2. Feeling I have plenty of energy is very important	45.0 (1.086)	40.4 (1.087)	55.6 (1.073)	***
3. Keeping myself in good health all year round is very important	63.0 (1.072)	58.4 (1.073)	63.8 (1.074)	***
4. Keeping myself fit even if it takes some extra effort is very important	53.4 (1.072)	51.3 (1.072)	54.8 (1.069)	***
5. My health is much better in comparison to others my age	35.8 (1.061)	39.4 (1.070)	28.4 (1.060)	***
<b>Self Image</b>				
1. I make very good decisions about important things in my life	39.2 (1.084)	38.4 (1.084)	39.9 (1.084)	***
2. I am able to do well in school work	49.7 (1.076)	49.2 (1.074)	49.9 (1.077)	***
3. I handle setbacks and disappointments well	37.8 (1.084)	37.2 (1.083)	38.4 (1.084)	***
4. On the whole, I am very satisfied with myself	20.4 (1.076)	17.2 (1.072)	25.5 (1.077)	***
<b>Body Image</b>				
1. I think I am physically attractive to others	40.0 (1.060)	40.4 (1.060)	39.3 (1.061)	***
2. My physical shape is better in comparison to others my age	34.6 (1.067)	36.0 (1.067)	33.4 (1.064)	***
3. I feel very satisfied with the way I look	22.1 (1.061)	19.0 (1.062)	25.4 (1.063)	***
4. I would like to lose weight	47.8 (1.060)	43.8 (1.061)	43.0 (1.063)	***
<b>Physical exercise</b>				
1. I engage in regular physical exercise (for running, hiking or biking or strength training or other physical exercise three or more times per week)	40.8 (1.076)	40.0 (1.076)	41.6 (1.076)	***
2. I do not engage in any physical exercise (for running, hiking or biking or strength training)	40.8 (1.076)	47.2 (1.118)	37.8 (1.040)	***
<b>Healthy eating</b>				
1. I pay a lot of attention to ensuring my diet is healthy	33.2 (1.072)	33.2 (1.070)	33.2 (1.070)	***
2. I pay a lot of attention to keeping down the amount of fat I eat	32.2 (1.074)	30.8 (1.072)	33.8 (1.070)	***
3. I pay a lot of attention to eating fewer foods containing high cholesterol	44.2 (1.072)	44.8 (1.069)	43.7 (1.070)	***
4. I pay a lot of attention to eating less salty foods	30.3 (1.071)	27.8 (1.069)	32.3 (1.074)	***
5. I pay a lot of attention to eating healthy snacks like fruit or nuts	32.7 (1.070)	32.7 (1.070)	32.7 (1.070)	***
6. I pay a lot of attention to eating baked or broiled food rather than fried	30.1 (1.073)	31.2 (1.073)	29.1 (1.073)	***
7. I usually snack instead of eating regular meals	17.4 (1.060)	17.1 (1.067)	17.8 (1.060)	***
8. I skip breakfast most mornings	30.0 (1.068)	30.6 (1.068)	29.5 (1.068)	***

- According to the first hypothesis, female students have a lower self- & body-image versus male students, exercise less, and consume a sensitive diet more often than male students.

### Distribution of various healthy lifestyle measures by field of academic study (%)



- N Total = 1,554 (Nutrition n = 659, Physiotherapy n = 125, All others in the sample n = 1,360). P<0.01\*\*, p<0.001\*\*\*.

These results show that engagement in physical exercise led to positive health perceptions and body image more than healthy nutrition engagement. In contrast to the rest of the students in the study, nutrition students showed higher rates of positive health perceptions, self & body image, and physical exercise engagement..

## Poor Health Choices of Students

- Exercise less.
- Exercise not just thaws stress away but it also supports protect against heart disease through dropping blood pressure, the heart muscle strengthened and helps in uphold a healthy weight.
- Skipping foods those are a source of protein
- Surviving on a sweet roll, candy bar or doughnut.
- Eating greasy foods, fried foods or fatty foods.
- Pigging out on salt- cured foods.
- Smoke: When smoke, person deprive their blood of oxygen and heart, that is important for body to function.
- Sleep less: Sleeping not enough can overburden the heart and can cause them to become more stressed

## Recommendation Of Healthy Lifestyle

- Take benefits of dinner leftovers or wake up a little early and make to yourself a sandwich before heading out the door to the first class to keep a balanced diet.
- Avoid late-night studying: It's okay to stay up till all hours finishing an assignment every so often, but it is not a good idea to make a habit of 'all-nighters'.
- A person doesn't have to eat when feeling depressed, rejected, bored, lonely or anxious.
- Sleep deficiency boosts appetite (and, in some cases, body weight) while also lowering brain function. As a result, good sleep is beneficial to the energy, weight control, and ability to focus and think.

- <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0058543#pone-0058543-g001>
- <https://www.longdom.org/open-access/the-perception-of-college-students-about-a-healthy-lifestyle-and-its-effect-on-their-health-2155-9600-1000437.pdf>

