

FEBRUARY 2023

HEALTHY LIFESTYLE ? TOUCHE



PAN-AFRICAN

MANAGED CARE

HEALTHY LIFESTYLE ? TOUCHE



Is it my genes or Am I just lazy?

It can be difficult to determine the cause of an issue like this, and it's important to remember that it doesn't have to be one or the other - it could be a combination of both! It's important to make sure you are taking good care of yourself, both mentally and physically. That could include getting enough sleep, eating healthy, exercising, taking breaks when needed, and seeking professional help if needed. It may also help to talk to family or friends to get their perspective and see what they think. Best of luck!

It's a fact, you cannot do much about your genetics but you can make some healthy lifestyle choices that will influence the longevity of your life and reduce your risk of getting sick. To get started, it's important to make small, achievable changes. With a few small changes and commitment, you can make strides toward a healthier lifestyle.

In this issue:

EAT A BALANCED DIET

EXERCISE REGULARLY

GETTING ADEQUATE REST

AVOIDING TOBACCO AND EXCESSIVE ALCOHOL

MANAGING STRESS

HAVING REGULAR CHECK-UPS WITH YOUR DOCTOR



Exercise regularly

To exercise regularly, try starting with something manageable, like taking a short walk around the block every day. You can also try finding an exercise that you enjoy, like swimming or biking, and then making it a part of your daily routine. Make sure you have a good pair of shoes and the right clothing for whatever activity you choose. Finally, set goals for yourself and track your progress so you can stay motivated and see your progress over time.

Getting adequate rest

Getting adequate rest is essential for both your physical and mental health. It helps to prevent fatigue and burnout and can improve your overall alertness and performance. To ensure that you are getting enough rest, try to establish a regular sleep schedule and aim for at least 7-8 hours of sleep each night. Additionally, avoid caffeine or other stimulants late at night, and create a relaxing night time routine that will help you to wind down and prepare for a good night's sleep.

Eat a balanced diet

Eating a balanced diet is essential for overall health and well-being. It is important to ensure that you are eating a variety of nutrient-rich foods from all of the food groups including fruits, vegetables, whole grains, lean proteins, low-fat dairy, and healthy fats. Eating a balanced diet can help to reduce your risk of chronic diseases, maintain a healthy weight, and provide your body with the energy it needs to function optimally.



Avoiding tobacco and excessive alcohol

One of the best ways to avoid the health risks associated with tobacco and excessive alcohol consumption is to make healthy lifestyle choices. This includes eating a balanced diet, getting regular exercise, and getting enough sleep. Additionally, making conscious decisions to avoid smoking and drinking alcohol can help reduce the risk of developing health problems associated with these substances. If you find yourself in a situation where you are tempted to use tobacco or drink excessively, it can be helpful to find healthier alternatives such as going for a walk, spending time with friends, or doing something creative.

Managing stress

Managing stress can be difficult, but there are some strategies you can use that can help. One way to start is to recognize the signs of stress such as feeling overwhelmed, anxious, irritable or having difficulty sleeping. Once you have identified the signs, you can start to manage the stress by taking breaks throughout the day, exercising regularly, and practicing mindfulness or meditation. Additionally, talking to a family member or friend, or seeking out professional help can be beneficial. Finally, organizing your time and making sure you have time to relax and do things that you enjoy can help you manage stress in the long term.



Having regular check-ups with your doctor

It is advisable to visit a doctor once a year if you are under fifty years old and twice a year if you are over fifty years old depending on whether you have any existing chronic conditions. Your doctor can also help you stay up to date on vaccinations, monitor any existing conditions, and provide advice on healthy lifestyle choices. Taking the initiative to visit your doctor regularly can go a long way in helping you stay in good health.



Congratulations on your decision to adopt a healthier lifestyle! February is a great time to start. In summary this is what we are committing to:

1. Start by setting realistic goals for yourself. This could mean incorporating more fruits and vegetables in your diet, exercising for 30 minutes a day, or limiting your alcohol intake.
2. Create a meal plan for yourself. This will help you plan out healthy meals for each day and reduce the temptation to order takeout or eat unhealthy snacks.
3. Incorporate physical activity into your daily routine. Even something as simple as walking for 20 minutes a day can make a big difference.
4. Get plenty of sleep. Aim for seven to eight hours of sleep a night to ensure that your body is getting the rest it needs.
5. Monitor your progress. Keeping track of your progress can help you stay motivated and focused on achieving your goals.

Remember, you don't have to do everything at once. Make small changes over time and you will be on your way to a healthier lifestyle. Good luck!

