

To live healthy

English



Why live healthy

To live healthy is important to maintain a good health. A healthy balance between food and physical activity.

However, a healthy lifestyle is not only a question of the right diet and exercise. Smoking, alcohol, and stress have also an impact on your lifestyle.

If you live healthy, you can prevent a variety of lifestyle diseases and reduce the risk intensifying your lifestyle disease. However, it can be difficult to maintain the motivation of a healthy lifestyle. Slowly adaption and good advice often help making it a bit easier.

Maintain the motivation

Eat balanced and maintain a standard weight.

It is good to know what is healthy and what is less healthy. Many vitamins and minerals and the correct energy in form of carbohydrates, fat and proteins are necessary. On the following pages, you can read more about how you do it in practise.



Eat healthy

Carbohydrates are an important part of a healthy diet. It is the primary energy source of the body. You gain most carbohydrates through bread, rice, bulgur and pasta. Choose the wholemeal types to feel full and to get most vitamins. Vegetables and fruit contain also lots of carbohydrates and vitamins. Eat 6 a day to get enough.

You need fat but not very much. Cut back on fat especially saturated fat from meat, milk, yoghurt and butter. You can do that by choosing the lean types. Too much saturated fat can increase the risk of lifestyle diseases such as cardiovascular disease and diabetes. Use fat from oil and fish in as small amounts as possible.

Proteins are the building blocks of the body and important for your muscles. The body cannot produce several vital proteins - they must be added through the food such as meat, fish, poultry, dairy products, egg, peas, lentils, beans, and nuts.

Vitamins and minerals are necessary for the body to function. They have all very different qualities and impact on the body and they cannot replace each other. You will cover your vitamin and mineral need by eating a varied diet. If it is hard, you can cover the need by taking a vitamin pill.

Sometimes it can be difficult to get the right amount of vitamin through the diet. D-vitamin is a vitamin that is gained from the sun and not so much from the diet. The vitamin is especially important for the intake of calcium and for bones and muscles. You can buy D-vitamin as tablets.

Persons with dark skin are recommended to take a supplement of D-vitamin of 10 microgram. Persons who do not get enough sun exposure of the skin due to very little time outdoor or because their body is covered are also recommended a supplement of D-vitamin of 10 microgram.

Good food sources for D-vitamin are fish and liver.



Smoking

Smoking is extremely harmful. The substances from cigarettes, shisha pipe, pipe etc. may cause damage of tissue and all organs.

Do not expose you relatives to smoke. Passive smoking harms them too!

Stop smoking and become healthy and happy instead. A life without smoke prevents a number of diseases. You get a better sense of smell, a better blood circulation and your physical fitness gets better.

Nicotine replacement therapy courses can help you stop smoking.



Drinks

Quench the thirst with water. If you e.g. drink soft drinks each day or other sweet drinks, you get too much sugar and many calories. Water does not contain sugar or calories and you should drink 1-1½ litres per day to maintain a healthy body.

Drinks with alcohol contain many calories and non-alcohol consumption is risk-free for your health. Thus, you must not drink alcohol for the sake of your health. If you stick to specific alcohol recommendations, the risk of inflicting your health is lower.

Maximum 7 alcoholic drinks a week for women and maximum 14 for men are recommended.

You should maximum drink 5 alcoholic drinks at the time. If you are female and pregnant, you should avoid alcoholic drinks. Children under 16 years are advised against drinking alcohol.

Daily exercise

Together with a healthy diet, exercise is the best way to maintain a healthy body. Daily use of muscles ensures a healthy and well-functioning slim body. Heart, lungs, muscles and bones become stronger and you gain more energy.

Adults should exercise at least 30 minutes a day and children 1 hour a day. If you need to slim down, you need to exercise more.

Exercise can be done easily. Take the stairs rather than the elevator, take the bike rather than the car, play with the children, gardening and cleaning.

Twice a week it is good to put on the sweat suit and work out! It strengthens your fitness and it will increase the spirits and the feeling of well-being.



Well-being works wonders

Well-being is something we all want in our life. Well-being is about stimulating your senses, being relaxed and in good harmonic surroundings. It is about taking a break from the busy workday. Well-being is the things you do that physically and mentally give you a healthy balance. It is the opposite of a stressed life.

Stress is a way the body prepares for a given threat. It may be a physical threat or a psychological strain. In small doses, stress can help you perform but in big doses stress greatly influences your health.

Tension, headache, shortness of breath, tiredness, sleep disturbance, and a feeling of not having enough time can be indications of stress.

If you feel that you are stressed, it is important that you take care of yourself and your body. Give yourself the necessary breaks during the day and make sure the daily program is not fully occupied. That is well-being!



Symptoms you must be aware of

To live healthy is crucial for your health. If you are in doubt, ask your doctor.

Symptoms you must be aware of in connection with lifestyle diseases such as COPD, type 2-diabetes and cardiovascular diseases are:

COPD:

shortness of breath, coughing, coughing of phlegm from the lungs and frequent lung infections.

Diabetes:

indicators of type 2-diabetes are thirst, increased urination, tiredness and visual disorder, itching over a period of time or wounds that will not heal.

Cardiovascular diseases:

heart failure with shortness of breath and swollen legs. Rhythm disorder with rapid heartbeat and dizziness or fainting. Heart pain with radiation into the left arm may be indications of a heart disease. If you are overweight or you have a heart disease, it is recommended that you check your blood sugar on a regular basis.

The symptoms of cardiovascular diseases depend on the organ/organs in question.



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