

# Healthy Living

Healthy living is the practice of maintaining a lifestyle that keeps you fit mentally, and physically. This may vary person to person, certain people require certain needs and everybody is unique in their own way. For example a person that stands 6' 7" may require more calories than somebody that is 4' 5". A common misconception is that calories are bad and if you are trying to lose weight you need to eat less calories. Well the fact is that you need calories. Your body runs on this and without them you would die. But you cannot only worry about calories, you need nutrients and minerals as well. Things like vitamins and minerals, are essential to a good lifestyle. Important ones include vitamin C that aid in bone growth. Salt that has sodium to help with neural connection in the brain. People often think that you just need to eat lettuce and soy to be healthy. Well if your diet only consists of those you need to change something quick. Soy has very little nutrients and lettuce is basically water. The body needs more than that to maintain its daily functions.

The benefits of having a healthy diet and daily life is that you have more energy to do things that you like. You shouldn't only eat healthy the body needs exercise to keep up strength and bone health. You can be more motivated to do things, and focused, It helps with depression and tiredness.

A lot of diseases and illnesses related to not eating healthy include, diabetes type 2, malnutrition, depression, anxiety, anorexia, bulimia, bone disease, cancer, obesity, hypertension and low/high blood sugar etc... Some of the things that you can do to prevent such illnesses is to eat and exercise regularly.

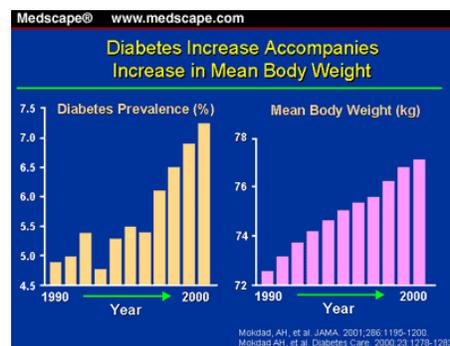
# Type Two Diabetes

Type two diabetes is the most common form of diabetes. It is where your body causes your blood glucose levels to go above normal. This symptom is called hyperglycemia. This happens when your body doesn't use insulin the way that it is supposed to. The organ that produces insulin is called the pancreas. At first it makes too much insulin and pretty soon it isn't able to produce it at the rate that it is needed. This can cause adverse health effects and is called insulin resistance. This is why people with diabetes have to take regular shots if severe enough. This is to supply extra insulin to get your blood sugar levels to normal. If not treated it can start to affect the kidneys and the heart. This can soon become fatal.

In 2006 diabetes was the 7th leading cause of death in America. About 24 million Americans today have a form of diabetes. Type 2 is the most common form of diabetes but is also one of the most easily treatable. It can be detected early and with the right eating and health habits can be cured.

Diabetes type two is caused by poor health and eating choices over a long period of time. If not tended to this condition will get worse over time. There are many ways that you can get type 2 diabetes many of which are due partly to poor health habits. It has been shown that people who are obese can cause diabetes. Studies have shown that people that are generally physically inactive and eat poorly have an increased chance of getting type two diabetes. It can also be due partly to genetics and have nothing to do with your living style.

With all that evidence you can see why a large portion of America has diabetes. In America people are generally more well off than third world countries and a large part of the economy is driven by fast food. With all sorts of factors to involve it is simple that America doesn't have good health habits in a large part of its population.



So for the project that I have been doing, (Healthy Living) I took it upon myself to record my eating habits for the weeks from, Tuesday, February 17 2015 to Tuesday, March 17. I looked at my daily eating and exercise habits. I logged the way that I felt at the end of each day. At the end of my data recording I tried to find a pattern in the way that I felt each day and attempted to relate it to eating and exercise.

I didn't find much of a pattern, some days when I didn't eat I didn't feel good and other days I felt fine. I couldn't make sense of this. Over the past 29 days that I recorded I found slight relations to my mood and the amount of food I eat that day. Most of the days I do get the amount of nutrients and vitamins that I need. Scientifically there is a relation in mood to what you eat but my results for the only 29 days that I recorded aren't one way or the other.

My hypothesis to what would happen was that I would be tired and not in a good mood the days that I didn't eat well. I didn't find that this was the case and I also didn't disprove that idea. So I think that if you are to get an accurate result you would need to do this for more than a month. I found to my surprise that my hypothesis wasn't correct. In the very least and being generous it was roughly correct. There just wasn't enough data there to support my ideas.

All in all going back to the original topic some things that you can do to stay fit are to eat healthy and stay active in your daily life. This has been found true to improve not only physical fitness but mental as well.

A lot of times we find ourselves trying to find the easiest way of doing things and end up siring away from staying healthy and that is why so many people in America are overweight or not healthy. This can also be contributed to the way that media and fast food places advertise their product. Not to say that they are doing anything wrong. When people go out to eat at fast food restaurants they don't always get the required nutrients to maintain a healthy life. This is not to blame the fast food place they do have healthy things on their menus but they are often overpriced or people don't want them. It is the consumers fault and cannot blame it on anybody but themselves.

A lot of times though things like media, culture and technology influence the ways that we behave and how we act in our daily life. For many people media can but a spin on what a product is being advertised for and can result in the general population the make a wrong decision on healthy foods. One example of this can be seen in one of the largest fast food companies in the world; McDonalds. A popular food their menu is the big mac. This is a larger than average burger that is advertised differently than the real product. Culture is a huge factor. All over the world places have their own cuisines and types of food, activities, etc... In America and in many other places culture influences the way people act. For example in America a large portion of the population stays indoors for either a job or just don't want to be active. This can be directly linked to another factor, technology.



All over the world technology is taking over our daily life and keeping people occupied indoors. The one thing it doesn't do as much of a good job at is getting people out side. Things like television and video games are making the world a less active place. Not to say that these things should be put to a stop but people should restrain themselves from spending most of their time doing these things. According to a new study done on adolescents has shown that physical activity has decreased. For females during the ages of 11-15 time spent being active went from 4.9-5.9 hours. According to Everyday Health technology can have a negative impact on your health. With more and more devices and technological advances it is getting easier and easier to have a robot do an everyday task. This in turn helps the economy but some people take it too far.

Things like excessive television have left some people to believe that inactivity can cause type two diabetes. Instead of moving around a lot of people have taken to spending their lives in front of a screen. Studies have also shown that people that watch excessive amounts of television tend to eat 137 more calories/day. This over time can possibly lead to type two diabetes.

Not only can tech cause diabetes in extreme cases it can cause other ill effects also. According to the third metric technology can negatively affect your figure in ways you may not aware of. By just tilting your head to look at a screen on a phone or something you can put strain on your neck. The result of looking at a screen can cause your posture to take a turn for the worse. Stiff necks are one of the many things that can be caused by technology. Instead many people should moderate themselves after all technology doesn't rule our lives, or does it?

So from my perspective the world is becoming a less active place all the time and if the population that isn't as active spend just a little time each day being active and making the right choices in their diet they would be much happier. Things like having the right mental viewpoint can have a great effect on the mood and way people look at the world.

## Food/ Health Scandals

Ever since there has been medicine there has been a profit. people get hurt or diseased all the time that is why today the medical industry in america accounts for about 2 trillion dollars in America alone. So it is only sensible for people to lay false claims. Things like weight loss pills, contraptions that will make you stronger in no time, even made up secrets to eternal life. This is called quackery.

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