

IMPORTANCE OF HEALTHY LIVING AMONG STUDENTS AND WAYS TO ACHIEVE IT

by:

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Academically healthy students are usually described as those having high grades because they can actively participate in their classes and focus on the topic that they are discussing, and they do not manifest behavioral problems as they know and do what is right.

Healthy habits are important to avoid sickness, mental health problems, malnutrition, and obesity. To be healthy is somehow difficult for other learners because of the busyness of their parents or guardians in some works that the latter had no time to prepare healthy food; lack time to exercise and experience different emotional and physical struggles caused by stress in different areas. But nowadays, it is a great need to have awareness about health, its effects on our lives and how can we cope and achieve healthy living.

To have a healthy living we must eat healthy foods like vegetables and fruits that are rich in minerals and vitamins, drink more water that helps the blood to flow properly as it brings oxygen into our brain, do exercise, and spend fewer hours watching television, social media or playing gadgets, have rest and enough sleep, avoid eating junk foods and sweetened beverages, don't skip meals, especially breakfast, and keep away from bad habits like drinking alcohol and smoking. Moreover, a healthy lifestyle gives us strength, power to think and act efficiently and appropriately, makes our body strong and flexible, feels better and relaxed so that the mind will functions properly, and makes the body respond accurately.

Poverty and lack of commitment to a healthy lifestyle are sometimes the problems for some students. Although they are aware of the importance of healthy living, for some they do not have a choice but to intake whatever is set on their table, not after its health benefits but more of what the family can afford. Not eating the right quality and quantity of food and on time are the primary factors of not reaching the normal weight and cannot achieve the proper nutrients that are needed by their body and brain. Studies reveal that unhealthy body conditions specifically hunger led to unfocused attention, particularly among students.

Not all students can buy healthy foods so one of the school initiatives to help these malnourished students is the school-based feeding program. It is one of the solutions that is conducted in public schools to support and reduce malnutrition and promotes a healthy diet among the pupils' who need assistance in improving their health.

To encapsulate the components needed by the students to achieve a healthy lifestyle, the right food intake, good sleep, and exercise cover it all. But the students cannot achieve them without the support of his or their family, community, and school. The schools, family, and community may help the students to be physically and mentally healthy by providing and making available nutritious food and maintaining an environment that promotes having an engaging physical activity, relaxation, and stress-free living.

References:

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