

Staying healthy

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Abstract

First of all, we found a background and database on this topic by conducting comprehensive research that discusses various topics and areas of physical and mental health in each adult or adolescent. We examined the advantages and disadvantages of having or not having any background, and by studying various articles from prominent people in this project, we obtained attached information, then we adjusted our project so that any ordinary person can use it.

Introduction

Nowadays people face many problems due to their unhealthy lifestyle. Their problems fall into several categories such as mental health, healthy diet, physical activities and so on. Certainly, the absence of these cases has some consequences.

1-Mental health

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Lack of mental health has some signs including panic attacks, depression, self-deprecation, anxiety and stress, anger or trust issues and mental disorders and so forth. There is a two-way relationship between physical and mental health. Having proper nutrition and adequate physical activity leads to a healthy mind and vice versa.



2-Healthy diet

Healthy eating means eating a variety of foods that give you the nutrients you need to maintain your health, feel good, and have energy. These nutrients include protein, carbohydrates, fat, water, vitamins, and minerals. Vegetables and any subgroup such as beans, peas, starches, and those that are dark green, red or orange in color, all fruits, whole grains such as quinoa, corn, millet, and brown rice, a variety of protein such as lean meats, eggs, nuts, seeds, and soy products. We can get the protein we need from Potato, nuts, seeds, meat, eggs, cheese, yoghurt, beans, fish, etc. we can find carbohydrates in: beans and legumes such as black beans, chickpeas, lentils and kidney beans, fruits such as apples, berries and melons. whole-grain products such as brown rice, oatmeal and whole-wheat bread and pasta, vegetables such as corn, lima beans, peas and potatoes. Vitamin K: beans, tomato, Vitamin A: egg, fish, tomato, carrot, Vitamin B: potato, meats, green beans, Vitamin D: liver, fish, Vitamin C: strawberries, orange, lemon. Not following proper nutrition has some consequences either. For example, being overweight or obese, tooth decay, high blood pressure, high cholesterol, heart disease and stroke, type-2 diabetes, osteoporosis, some cancers, etc.



3-Physical activities

Physical fitness is a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities. Physical fitness is generally achieved through proper nutrition, moderate-vigorous physical exercise, and sufficient rest along with a formal recovery plan. These are some common exercises for everyone to do and stay healthy: walking, rope skipping, lunges, yoga, spinning, paragliding pushups, squats, standing overhead dumbbell presses, dumbbell rows, single-leg deadlifts, burpees, side planks, planks, glute bridge. Exercise triggers the release of the hormone endorphins in the brain. This hormone causes a feeling of well-being and happiness in a person, and in fact, this event shows the effect of physical health on mental health. Lack of physical activities includes these problems: obesity, heart diseases, including coronary artery disease and heart attack, high blood pressure, high cholesterol, stroke, metabolic syndrome, type 2 diabetes, certain cancers, including colon, breast, and uterine cancers.

