 Noah Ndeda

**7 Effective Tips to Improve Your Health**

Your health status determines the most you can achieve on any task, literally. You need to understand what good health entails for you to give it a clean shot. Good health is when the [**biochemical substances**](https://www.sciencedirect.com/topics/earth-and-planetary-sciences/biochemical-substance) of the tissues are at the optimal performing level. Keep yourself healthy to avoid lifestyle diseases and medical costs that come with them. Practice proactive measures rather than wait to react, and prevent burdens of poor health. Furthermore, the steps are simple and easy to incorporate into your daily life activities, as follows;

1. **Eat Good Diet**

There's a famous saying that, "you are what you eat." What you eat impacts your body organs' efficiency. Your age and physical activities determine dietary needs, and balance is critical.

You need information on what classes of food your body requires. A healthy diet includes a variety of different classes of foods. It enables the body to get the much-needed nourishment and other benefits. Take the following steps to achieve that;

1. Organize your meals to include a balanced high nutritional value diet. Let It consist of all the major classes of food i.e., carbohydrates, proteins, and vitamins. Choose wholesome foods over-refined and preferably eat organically produced foods.
2. Remember to eat carbohydrates in moderation. Too much of it may raise the blood sugar level and result in excessive production of insulin. The excess glucose gets stored as fats. You do not need that.
3. Eat less salt and sugar. Too much sugar may cause obesity and diabetes. On the other hand, too much salt may have adverse short-term effects like heightened thirst, and bloat feeling as the kidneys retain more water. Long Term effects are high blood pressure, enlarged heart muscle, kidney stones, and heart failure.
4. Avoid enjoying the “sweetness” of harmful fats found in animal products like poultry skin, fat-filled dairy products like cheeses, red meat, pork chops, and egg yolks. They contain saturated fats and expose you to harmful cholesterol that is a threat to your vascular system and the heart muscle. They also contribute to the excess fats stored in different parts of the body.
5. Go for fresh foods over processed and preserved supplies. Fresh foods tend to retain a good supply of natural nutrients. Always check on the food supplies wrappers when picking them off the shelves to confirm the ingredients, quantities, and their expiry.

Your body needs adequate types of vitamins for optimum absorption and benefit from the various foods that you eat. For example, you need adequate vitamin D to assist with the absorption of calcium in your food. Calcium is a mineral that is responsible for strengthening the skeletal structure of the body. Inadequate absorption leads to brittle bones that can easily break, especially in elderly people

1. **Exercise Regularly**

Your body's performance depends on various organs whose functions and efficiency directly affect overall well-being. Some benefits of regular exercise are;

1. More efficient vascular system and stronger heart muscle. That ensures optimum oxygen-rich blood reaches the tissues of organs and helps maintain their vitality and thus good performance.
2. Improved brain function as exercise keeps the heart muscle active pumping oxygen-rich blood to the brain. This enhances the production of hormones that enable the growth of brain cells and encourage brain suppleness.

Begin with simple exercises like stretching, walking, cardio, and simple weights training. Start easy, then increase intensity and frequency as you progress. Three times a week, lasting forty-five minutes per session is a great start

*The picture below shows people exercising*. **(Image courtesy WHO/Y Shimizu)**



1. **Uphold Good Hygienic and Healthy Routines**

Improve your health by proactively engaging in preventive healthcare practices. Key takeaways are;

1. Keep your environment clean, and regularly wash your hands, especially before eating. Frequently bathe and clear the breeding ground where common pests like mosquitoes and cockroaches live.
2. Regularly monitor your health for early detection of any ailment. Regular medical check-ups like diabetes tests, colonoscopy, blood pressure, and mammogram should be adapted as a routine.
3. Create time for optimum sleep. In general, 8 -10 hours a night is considered adequate. The need varies for different ages, occupations, and current health statuses. Avoid phones in bed and caffeine drinks closer to bedtime.
4. Pick the right dietary routine and maintain it. Know when to refresh it on the onset of boredom, and keep it alive.

1. **Keep Your Weight in Check**

Control your weight to avoid the burden of lifestyle diseases which can complicate your health. Some of the diseases associated with being overweight are; high blood pressure, heart disease, type 2 diabetes, and gallbladder disease. Engage in healthy habits which discourage unnecessary weight gain. Key takeaways are;

1. Limit snacking in between major meals and eat wholesome foods rich in natural fiber.
2. Reduce your carbs intake as excesses are processed and stored in the body as fats.
3. Keep yourself hydrated all the time as it creates a feeling of fullness hence helps control hunger pangs. It also aids in burning calories in the body and minimizing fats storage.
4. **Avoid Smoking and Use of Drugs**

Tobacco smoking poses a cocktail of infections over time with serious health effects like lung and heart diseases. It also enslaves through addiction which can be lifelong.

Refrain from the use of narcotics drugs abuse as they have both physical and psychological harmful effects. Their continuous abuse builds addiction which creates primary and secondary effects.

1. **Take Charge of Your Mental Status**

Regularly exercise habits that encourage emotional, psychological, and social well-being. Collectively they impact your mental health and well-being. Some signs of poor mental health include excessive worries, disoriented speech & reasoning, and excessive sadness.

Depression is a major contributor to poor mental health cases. It can be short-term that is popularly known as [**situational depression**](https://www.healthline.com/health/depression/situational-depression) or long-term depression. Practice the following to manage or rid yourself of its effect;

1. Maintain a positive mental status and self-motivation by keeping positive company. You need positive energy around you.
2. Exercise regularly to help calm your emotions and induce relaxation in your body.
3. Get yourself enough sleep. A good night’s sleep leaves you feeling refreshed and ready to tackle emerging issues.

There’s always something in and around you that is positive. Use that to leverage self-motivation.

1. **Take Care of Your Skin**

The skin forms the largest external surface of your body and consists of three layers comprising epidermis, dermis, and hypodermis. It plays a vital role in the following ways;

* *Protection*: It protects against infection by living organisms, adverse weather like excessive heat, injury by impact or friction, and radiation by ultraviolet rays.
* *Temperature Regulation*: Skin regulates the body temperature through the sweat grands found in the dermis layer.
* *Sensory*: The receptors that detect prevailing conditions are found in the dermis layer of the skin.

Protect your skin from damage so that it’s able to continue performing what it’s meant for purposefully. A weaker or damaged skin adversely exposes the body and can lead to serious infections like skin cancer. The following are some measures you can take to protect your skin;

1. Taking plenty of water ensures your skin remains supple and does not dry up. This is important as the skin stretches when various body parts bend and twist. It enables elasticity, offers comfort, and stops the skin from cracking and exposing the body to infections.
2. A good diet full of vitamins ensures that the skin remains nourished with favorable nutrients.
3. A bath in warm and not hot water and with soap with recommended pH level ensures you keep your skin free from contamination. Keep it moisturized using the available natural skin care products.
4. Apply sunscreen. Adverse exposure to the sun can damage the skin and cause infections like skin cancer. Use sunscreen oil products as appropriate to protect yourself from the harmful ultraviolet rays from the sun.

**Conclusion**

Practice these good tips to take full charge and improve your health. Don't postpone any further as power is in your hands, and the benefits are immense. Identify a qualified nutritionist, a gym trainer, and other experts who can walk you through some of the requirements