



# Great Ways to Encourage Better Health Habits and their Preferment in the Community

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**Abstract:** *Humans are the best asset of every nation, and putting efforts into their wellness can encourage better teamwork, increase in productivity and reduce diseases and accidents. This article sheds light on the existing knowledge and practices of pronounced traditions to boost good human's health. When the body is functioning accurately, then human will feel better and live happy. This is well known fact that exercising more, taking food accurately, consuming extra water, handling stress levels and receiving the care from our workplace create an enormous change by what manners persons execute at place of work. Sunrise strolls and bodily maneuvers are precisely useful for the suitability of our mind and body. Start the daytime by eating of some fruits and vegetables, and a plateful of complete grains such as bran flakes, oatmeal or whole-wheat toast. A unique approach to shed calories from our diet is to take water as a replacement for more sugary beverages because these hold additional calories within diet. Persons will attain improved standard of living while wellness and prevention curriculums are easy to get through their health provider, and accessible at their workstation and in societies. Takings of time from personal schedule, and presence with parents, children, spouse and relatives, might have a lifelong impression on whole mental and physical wellbeing. While it is important to make time for family, our relatives or friends are like our second family, so, visit those to whom we do not meet frequently otherwise arrange time to call them. Good personal hygiene habits include washing of the body often and washing hands with soap after going to the toilet. Arrange for a physician's appointment to workplace and talk to the workforces about collective health matters in the community. Following of these decent routines on a consistent base will help the community to stay healthy, and ward off infectious illnesses and diseases to have a healthy lifestyle.*

**Keywords:** *Human, Health, Food, Nutrition, Diet, Hygiene.*

## INTRODUCTION

A good health is wealth and in our daily life there is nothing that is more appreciated than the worthy health. Without health there are definitely no pleasure, peace and victory. Humanoid life characterizes an essential power rooted in a dynamically fluctuating biosphere, motivating and influencing the cultural and socio-economic expansion of our earth. Therefore, a fit population is a crucial requirement of a prosperous and well-heeled civilization. Sustainable improvement to health leads to an increase of human capital such as a basis

of wealth. Effective health care is therefore essential to maintain and improve the value of life cycle and economic growth (Unger, 2004).

Several persons undertake to renovate their exercise pattern, food and harmful practices with easiness. The other of us attempt to create alterations, however do not always succeed. As a substitute of carrying a huge change, we might be capable to develop our heart's health through a sequence of minor fluctuations. As soon as we get working, it might discover that alteration is not so hard. This approach may take longer, but it could also motivate us to create more or less big changes. The humanoid physique is a device and similar to any other machine, it needs relaxation and refreshing, thus our bodies also need sufficient amounts of sleep. Acquire a minimum of 8 hours sleep because it relaxes our thoughts and keeps us healthy. Therefore, a decent health is labeled as powerfully connected to wealth and wealth is desirable with the intention of to be healthy (Phrasisombath et al. 2013).

Our health is based upon numerous aspects, for instance, food, contamination, sound, sleeping, customs, psychological circumstance, water, air, sunlight and quite a lot of other aspects (Sarwar, 2017 a). In this article, here are many small steps to get community on the road for better health as given below:-

### **Be More Active and Exercise**

Exercise compromises so many health advantages and it is nothing difficult, but a sort of a magic bullet. To some degree it is simple, for instance, a brisk walk for half an hour a day radically decreases the possibility of heart disease, diabetes and numerous practices of cancer, together with colon cancer, which is one of the primary murderers. A lifetime of regular exercise increases brain's function, allows people to be active and independent in their later times, and adds years to life. Studies by researchers show that regular exercise lowers the danger of dying ahead of time by 30%. Encouraging publics to exercise is a pronounced way to inspire for improved health and it is not expensive but with plenty of low cost methods, including, if there have an elevator, encourage persons to proceed the stairs, buy a gym membership as a gift or incentive, and have a yoga tutor or else health coach visit to come in workplace and run the sessions of training (Sarwar et al. 2015 a).

### **Maintaining a Healthy Weight**

According to the researchers, about 80% of persons having the type 2 diabetes are due to overweight or obese. Losing of heaviness and possession it off is difficult, however research shows that dropping of heaviness just a small number of pounds if somebody is bulky will increase the health. If our mass is an average, try to retain it there through restraining in calories and keeping fit repeatedly. A fit diet includes abundant fruits, vegetables and whole grains. A good diet limits to refined sugars and saturated fats. By encouraging our people to have healthier body weight, we are encouraging them to live longer and cheerier survives. Provide to people with information about how to maintain a healthy weight, invite a dietician in workplace to speak at an event, and encourage them to dialogue to their physician or else a qualified working dietitian regarding their weightiness (Sarwar, 2014 a; 2014 b).

### **Getting Screened and Shots**

For the latest recommendations on what tests to get when and repetitive health monitoring are likewise lifeguards. Knowing and managing our cholesterol levels and blood pressure is crucial to reduce hazard of heart disease. Cancer screening investigations have been determined to catch some forms of the disease early enough to eliminate these timely. This one desires to be repeated that flu tests may be able to affectedly decrease the menace of receiving this periodic germ and its possibly dangerous worries. However, simply 42% of people aged 50 to 64 years, acquire flu shots annually. Keeping up to date on totally suggested vaccinations, can prevent many deadly and debilitating illnesses (Sarwar et al. 2015 a; Sarwar, 2017 b).

### **Smoke Quitting Saves Lives**

By the way, we are altogether alert that smoking is a great motivation for passing away around the world. Smoking ruins our health, sooner or later, but does this. Cancer, lung diseases and heart problems all result because of smoking. So, decreasing the sound effects of smoking in the public places is utmost to improve

health. Thus, cultivate a smoke free workplace, ensure that company means of transportation are totally smoke free, make a smoke-free events policy, encourage people to participate in a quit smoking program and dialog to their physicians regarding leaving of smoking, and subsidize aids to quit smoking like nicotine replacement patches or therapy. Using of several new nicotine replacement therapies from patches to nasal sprays quitting are easier than ever. A fresh investigation of studies established that nicotine replacements may be able to practically double the chances that smokers will effectively left. Novel medicines are also available to aid smokers for kicking out this practice. The lung cancer remains the foremost source of cancer death and between 80% and 90% of cases are directly produced by smoking. Therefore, dialog to the physician regarding the greatest approaches for victory (Hubley, 1993; Sarwar et al. 2015 c).

#### **Encouraging healthier eating**

Many of us are acquainted with that ingestion healthy food may be helpful to avoid forthcoming maladies, for instance, cancer and diabetes, however, an unhealthy eating is connected by a 66 percent better hazard of injury of productivity. Buy healthy lunches, use a fridge for storing food in healthy form, substitute sugary drinks with healthy options such as juices, etc., consider installing of a juicer, blender and sandwich press to make lunches, and while assembling catering, recognize healthy choices on entire menus, and confine unhealthy possibilities (Sarwar et al. 2015 b).

#### **Find Joy from Family and Friends**

Spare some time out of personal schedule, and being present with parents, relatives, children and spouse might have a long-lasting impression one's own and their general mental and physical health. While it is important to make time for family, our relatives are like our second family, so, visit those to whom we do not meet often or else create time to call them. Enjoying life and keeping a circle of loyal contacts is a vast part of good health. Definitely, devising relationships with others might be subsequent merely to not smoking for avoiding of heart attacks. Persons with widespread community links, are a lesser amount of likely to have calcification in their arteries, which is a symbol of heart disease menace. Happiness goes out to walkover from end to end through social networks. A single technique to rise our gladness is to raise jolly friends. Investigation that traced the extent of gladness amongst friends and even friends of friends, set up that anybody is 15% further expected to be joyful if an adjacent interaction is cheerful. When someone loves with his family or members of the family, actually our body releases feel-good hormones like oxytocin that ward off depression (Hughes and Leethongdee, 2007).

#### **Avoiding long chair time**

Scientists have analyzed the lifestyles of many women and men over several years, and established that persons who take a seat for maximum of the day are 54% additionally expected to expire of heart attacks. Thus, it is right to install standing desks, install cycle chairs, encourage stand up meetings, should have a professional come in and analyze ergonomic environment, encourage the persons to take systematic breakdowns during the day, track a 10 minute stretch package each day (two times a day is even better), and ask persons to eat lunch away from their computers (Sarwar et al. 2015 d).

#### **Drinking more water**

Human's body is composed of about 90 percent water and needs water for almost every function. The bulk of blood and every single cell in our body is composed of water, therefore, we require water to function accurately. Several of the aches and pains, headaches, and other symptoms we experience would lessen if someone just drinks more water. There is an inadequate confirmation that water consumption may be able to helpful in preventing reappearance in people who have earlier acquired kidney stones. Drinking sufficient of water is able to help in losing heaviness this is owing to the statement that water can rise satiety and enhance our metabolic proportion. A little water drinking seems to be a danger element for constipation in both elderly and young individuals. So, increasing of liquid consumption is regularly suggested as a fragment of the cure practices (Murakami et al. 2007).

### **Going for a brisk walk**

Body of human is made to move and our heart is a muscle that necessities movement to work optimally. Though we are familiar with this, however we frequently need a reminder just to make sure of it. It is better yet, to take sharp walk in natural atmosphere. Plant vegetation and other floras are frequently changing our carbon dioxide into rich oxygen that we can inhale. If any person do not take exercise at all, a short-term walk is a good way to start. If we do, it is a noble mode to add more exercise to our day. Receiving of rich, oxygenated air aids to kill viruses and bacteria, progresses breathing, and might be even helpful for preventing of cancer (Sarwar et al. 2015 b).

### **Eating 2 or 3 pieces or servings of fruit**

Fruits are an imperative fragment of a healthy nourishment and indeed, diet rich in fruits is linked to all kinds of health remunerations, such as comprising a reduced danger of numerous diseases. Fruits tend to be high in vitamins and minerals nutrients. These include vitamin C, potassium and folate, of which several persons do not get in enough quantity. Excellent-colored fruits are filled with disease-fighting phytonutrients such as proanthocyanins, which defend alongside brain diseases and quercetin that aids to lighten breathing and allergies complications. Taking about  $\frac{1}{2}$  cup of fruit like cherries, grapes, or blueberries, etc., should *count* as one *serving* diet (Sarwar, 2015 a).

### **Eating a large salad/ vegetables**

For victory against the battle on chronic diseases, heart diseases, obesity, Type 2 diabetes, dementia and hypertension, and the whole nutrition campgrounds might connect hands to communicate concrete techniques to acquire additional and more plants established meals into everyday schedules. Nearly, some of the greatest superfoods are inexpensive and freely existing in the form of salad greens. These are filled with chlorophyll (provides to plants by way of their green color and increases our blood health), minerals, vitamins, enzymes (which progress digestion and upsurge energy), and several phytonutrients. *Eating* enough *servings of vegetables* each day can even aids to check untimely death (Sarwar, 2016 a).

### **Meditation**

Our tension and fatigue create us inappropriate, annoyed and frustrated, and it may be able to even upset our health. But, meditation really provides us further period through building our awareness, peacemaking and more concentrated. Just captivating some of time out to perfect our opinions and freeing from knowhow may be able to aid us to sense more stable and peaceable. Meditation may also be able to aid us to recognize our personal observance. We may be able to acquire in what way to renovate our observance from destructive to constructive, from troubled to peaceable, and from unhappy to happy (Abu-Bakar et al. 2017).

### **Snack between meals**

Ingestion of a slight snack in-between mealtimes may be able to avoid us from consumption excessively much of food at our next meal. Plan for personal snacks and space these uniformly among mealtimes and ingestion merely if we are actually starving. Healthy snacks must be similar to minute meals, creating up for any nutrients or kinds of diet needing in the rest of our food. The healthy snacks include such as almonds, veggie crudite, whole grain pitas, fruits, vegetables, whole grains and lean protein. Through this practice, not only we will stabilize our moods, but also balance our weight to regulate blood sugar intensities (Tayyaba et al. 2017).

### **Improving mental health**

Recent reports have shown that ignoring of intellectual health expenses billions of dollars to many companies alone. We altogether have a duty to look out for one another. Some ways can do this in the workplace, which include, creating a countywide mental health plan, boosting constructive statement in the workplace, calling to trained managers for talk on intellectual health strategies, carrying out employee censuses or analyzing to acquire valued opinion on what method the self-confidence is, retaining an eye on coworkers and seeing anything to look for, having strategies to avoid bullying and unprofessional behavior in our workplace, having

a specialized expert to visit in a locality and providing guidance on stress lessening practices to all persons, and looking at running of a meditation course or weekly reflection time (Davey et al. 2005).

### **Reducing alcohol intake**

As stated by health experts, there are a noteworthy quantity of alcohol-related illnesses and health complications begun by alcohol intake, including cancer (bowel, breast, throat, mouth, liver), liver and cardiovascular infection, stroke and heart failure, and mental health problems. All persons have a responsibility to boost improved human health, and more or less ways include, develop an alcohol free policy, do not encourage drinking at any events, for instance, festivities or communal events, provide nonalcoholic choices at altogether functions, escape commonly offering alcohol at any workplace, consider workplace stress as a cause to high-risk or problematic drinking, provide persons with information regarding the hazards of high-risk and problems of drinking, encourage persons to talk to their physician in case of their alcohol ingesting, and encourage people to join a suitable program that targets to talk drinking problem (Sarwar, 2013).

### **Drinking a freshly made juice**

Preferably, new household sap is healthier than the store-bought stuff and arguably this is tastier also. When vegetables and fruits juice is made at home, it has impressive mineral and vitamin contents. Green juices are Mother Nature's curative nectar. These are powerhouses of nutrients, which aid our physique to rebuild and empower altogether simultaneously. Fresh juice comprises more minerals, vitamins and other nutritious compounds similar to enzymes and flavonoids than the bottled or preserved selections found in grocery stores. Homemade juices comprise improved antiviral, antioxidant and anticancer properties. Fresh fruits contain glutathione that is a minor protein composed of three amino acids, which help our bodies in the detoxification of things such as pesticides and lead (Sarwar et al. 2013).

### **Smelling the flowers**

Literally, people may be not able to get the flowers, but they can still smell these. Every now and then, *smell the flowers while someone can*, it will make to feel great *and* body will be wide-opened to natural aromatherapy with energizing, therapeutic and relaxing special effects. The statement that somebody may smell the flowers means molecules of their essential oils are coming into contact with our sensory systems that is one of the fastest methods to equilibrium hormones (Sarwar et al. 2013).

### **Writing down things which are grateful**

Collective amounts of research show that gratitude (thankful indebtedness for what a person receives) builds better health and happiness. In constructive psychology research, gratitude is toughly and reliably allied to countless gladness. Gratitude aids persons to sense extra encouraging feelings, delights worthy capabilities, increases their health, deals with hardship and constructs durable affairs. By itself, gratitude generates constructive feelings, like joy, love and contentment that investigation demonstrations may be able to untie the grasp of undesirable emotions, like anxiety (Randall et al. 2018).

### **Eliminate items from life that contain toxic chemicals**

In case of whole commercially existing dryer sheets, nearly all types of commercial laundry soap traded in grocery stores, dish soap, air fresheners and for other essential items, pick out a natural alternative as a substitute. There are a crowd of goods, other than those used for basic cleaning that frequently comprise carcinogenics. There are several cancer-causer products to eliminate from our home, other than cleaners that should be avoided for having in houses. **Air fresheners** every so often comprise formaldehyde and naphthalene, so, try zeolite or else natural smells from necessary oils. **Art supplies such as** acrylic paints and solvents, **epoxy** and rubber cement glues, and long-lasting markers frequently comprise carcinogens. Most of **automotive supplies** are toxic, so, save these securely away from the home and throw away empty containers at a harmful waste discarding center. Escape artificially perfumed paraffin candles, which yield burning by-products, including dirt. Use beeswax candles merely with cotton wicks. Choose clothes that do not need perchlorethylene to clean these. Request for the wet-cleaning choice at native cleaners, or else search for dry-

cleaners which practice liquid CO<sub>2</sub> or citrus juice cleaners. For **lice, ticks, mites and fleas control**, avoid lindane-based pesticides, and use natural **household pesticides**. Never microwave or heat food in a plastic container because of the risks of plastic and food mixing (Sarwar and Salman, 2015; Sarwar, 2015 b).s

### **Do something nice for someone**

Little *things* can *create* a great alteration for *someone* who has not having a good day. *Organize slight things* such as grip doors for opening or else let a person to go in or out first and provide to *somebody* guidelines if they look misplaced. Use personal manners and ask thank you and please when people help you out. Pay for someone's coffee or tea one day in a week or month. If the grocery store is packed, or if the person behind you looks like they are in a rush, let them in front of you and surely they will be grateful for it. When anyone is examining out at a store and they ask you if you want to make a contribution to a charity, say them yes. If you notice that someone want to share a public importance with you, start a conversation to them (Khalid et al. 2015).

### **Dry skin brushing**

Without a doubt, the exercise of brushing the skin on one occasion or two times every day by means of a soft brush is more common, however the regular users of it, state more advantageous while there develops a long-lasting practice due to sweeping away dead skin cells to improve the exterior of skin and supportive digestion. Dry skin brushing in small circles by a natural bristled brush by working from our extremities towards heart increases blood circulation and the movement of lymph through body to aid in eradicating of poisonous waste accumulation in tissues while enhancing energy (Sarwar, 2016 b). To do it yourself, start at feet and brush upward towards the heart. Similarly, when to start on your arms, initiate at the hands and work upward. Use safe and slight strokes upwards, or work in a circular motion, and devote at least three to five minutes for brushing (Sarwar et al. 2014).

### **Soaking in warm bath with Epsom salts**

The magnesium in Epsom salts absorbs through our skin and helps to relax muscles and reduce pain levels while contributing to heart health (Mughal et al. 2015). People use Epsom salt baths as a home-based cure for arthritis pain and swelling; bruises and sprains 'fibromyalgia' (a form which makes muscles, ligaments and tendons hurt, and causes tender points all over the body) insomnia; ingrown toenails; psoriasis (a disease that causes red, itchy and scaly skin); soreness from diarrhea during chemotherapy; sore muscles after working out; sunburn pain and redness; and tired swollen feet (Khan et al. 2017).

### **Giving oneself a lift**

Lifting a hardcover book or a two-pound weight a few times a day can help to tone our arm muscles. When that becomes a draft, interchange on to weightier objects or else join a gym. Functioning the chest from manifold positions with sufficient weightiness confirms profusely of stimulus to rise power and grow the muscles to improve an attractive outline to the chest. Specifically for women, evolving the muscles beneath their breasts will boost the appearance of breasts and create these to look as superior (Ayesha et al., 2017; Jaweria et al., 2017).

### **Eating more vegetable or fruit in a day**

Vegetables and fruits are normally cheap, have good taste and are worthy for the whole things from our brain to bowels. Five portions of fruits and veggies in a day are worthy for us, but 10 is much better and might check up to 7.8 million early expiries globally each year. Eating up to 800 gm of vegetables and fruits (equivalent to 10 portions) and doubling of the suggested quantity is linked with reduced hazard of heart disease, stroke, cardiovascular disease and cancer, and decrease in untimely passing away (Sarwar, 2018).

### **Stopping drinking of calories**

Elimination of just one sugar-sweetened soda or else calorie-laden latte might be able to certainly protect our 100 or more calories a day. Over a year, it may transform into a 10-pound weightiness loss. Investigation displays that replacing of water (or unsweetened tea/ coffee) with sugary beverages aids everybody to drop heaviness. If we are commonly consuming sugary beverages, then our insulin becomes wiped out and body

grows into insulin resistance, which is linked to heaviness increase, particularly round the midsection, as well as heart disease, diabetes, cancer and infertility (Mirza et al. 2015).

### **Have a handful of nuts**

Innovative research advocates that consumption of a handful of nuts drops our danger of long-lasting illnesses, like diabetes, heart disease and cancer. With pecans, almonds or walnuts, around 20 grams of nuts for everyday (roughly a handful), lowers the menace of suffering from abundant of sicknesses. Peanuts, walnuts, almonds and other nuts are upright for our heart functioning. Try taking some of these as an alternative of chips or cookies while require a snack, adding these to salads for a nourishing and delicious crunch, or else consuming those in lieu of meat in pasta and any other dishes (Sarwar et al. 2013).

### **Sampling the seafood**

Seafood is any type of natural life such as fish and edible sea plants in the ocean. Traditionally, sea mammals, for instance, dolphins and whales have been consumed as food, although that still occurs to a smaller degree in present whiles. Edible sea plants, like round about seaweeds and microalgae, are commonly consumed as seafood everywhere on the biosphere, particularly in Asia. These belong to one of more than a few sets of multicellular algae, for instance, the green algae, red algae and brown algae. Eat fish or other forms of seafood including familiar sea plants instead of red meat once a week as it is worthy for the heart, the brain and the waistline (Wong et al. 2000; Garcia-Vaquero and Hayes, 2016).

### **Breathing deeply**

Slow breathing rehearses have been implemented in the recent world from corner to corner on the earth owing to their demanded health benefits. First, proceed to a usual breath and at that time try a deep breath gradually through nose. Try such breathing slowly and deeply for a few minutes a day. It might be able to aid a person to relax. Slow deep breathing may also advantageous to lessen blood pressure. Take deep breath as a minimum for 5 minutes, as often as anyone can do. Investigation illustrates that deep breathing even for few minutes, might decrease levels of stress hormone. This transforms into a lesser amount of anxiety, enhanced sleep and fewer possibility to pack on the pounds (Marc et al. 2017).

### **Washing of hands often**

Scrubbing up with water and soap often for the period of the day is an appropriate way to protect our heart and health. The casual agents of flu, pneumonia and other infections can be very hard for the heart. Since, it is more often happening that the things to whom persons touch and which create us sick as contrasting to air the human breaths, parents might press upon their kids for significance of **washing their hands regularly**. Humans must have an illness-free homes and one way to achieve this task with much pride is simply to wash our hands before and after taking any food at school or workplace (Ayele et al. 1997).

### **Counting blessings of Almighty Allah**

The *blessings* of *Almighty Allah* on us cannot be *counted as Allah* has *blessed* mankind with uncountable *blessings*. Allah has commanded us to give thanks to Him for those blessings and not to deny these countless favors. Captivating for an instant each day to recognize the blessings of *Almighty Allah* in our life is an approach to start tapping into other positive feelings. These have been connected to better health, greater well-being and longer life, and just as their opposites are worry, chronic anger and hostility that subsidize to an elevation blood pressure and heart diseases.

### **Conclusion**

Somebody with bad health cannot remain delight in the pleasure of being prosperous. On the other hand, one with good health can enjoy his life. So, every person must take an appropriate care of their health so that as a result we can enjoy our lifespan totally. Just for today, overlook the reasons and concentrate on the various techniques to improve our health. This enables people to delight with more efficiency, an amplified talents base owing to the retaining of additional skilled persons, and longer-term prospective for a noteworthy improvement in the work-related health of the workforce. *Personal hygiene* is the precise initial phase in the

direction of achievement of *good health* and there is a dire need to *follow healthy* and effective *habits*. These make someday to feel *good* about themselves and keep free of bacteria, viruses and illnesses to prevent from diseases. This article is by no means complete, however contributes for having a preliminary argument to get people for making of their physical, emotional and spiritual health better, which is a priority in our busy life. And, once we started to perform these health upgrades in the present day, continue to do these again on tomorrow.

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