

Lifestyle Choices

- **Conscientiousness**, the trait that leads a person to be more careful, considerate and mindful of oneself and others, may increase one's chances of being successful and living a longer life because it can help one to live more stable and moderately.²¹
- **Smiling** not only makes one feel better because it sends signals from the face to the brain that the person is happy, but also it impacts the wellbeing of others since it sends a positive message to them.²²
- To live a healthy life, it is also important to have a **support system**, whether that includes friends, family, pets or others you may know in your life.²³
- **Altruism** and giving back not only helps the community but also provides one with a **sense of value and fulfillment**.²⁵
- **Take time for yourself**. It is important to create a space where you can **reenergize** yourself and **reflect** on what you've done throughout the day.
- Practice **MINDFULNESS**. What is mindfulness? Mindfulness is the state of consciously being aware in the **present moment**, both internally (your internal sense of self) and externally (what is going on in your surrounding environment) in an accepting manner.²⁶
- **Be grateful** for today and for the abundance of what you have in your life (**think positive!**).
- Take time to appreciate life. **Slow down**. What's the rush? Take a stroll in a park with nature. Walk slowly. **Enjoy the natural scenery!**

Sources (feel free to visit these web sites for more info!):

¹<http://helpguide.org/life/sleeping.htm>.

²Information provided by Anthem Blue Cross.

³<http://www.sleepfoundation.org/article/how-sleep-works/how-much-sleep-do-we-really-need>.

⁴http://www.nhlbi.nih.gov/health/public/sleep/healthy_sleep.pdf.

⁵<http://www.webmd.com/diet/features/beware-empty-calories?pages=3>.

⁶http://en.wikipedia.org/wiki/Western_pattern_diet.

⁷Unavailable

⁸<http://www.saynotogmos.org/paper.pdf>

⁹http://en.wikipedia.org/wiki/International_trade_of_genetically_modified_foods.

¹⁰<http://www.everydayhealth.com/diet-nutrition/weight-management/tips/measure-your-waist.aspx>.

¹¹Time Magazine Health Special featuring Dr. Oz.

¹²<http://www.drweil.com/drw/ecs/pyramid/press-foodpyramid.html>.

¹³<http://www.doctoroz.com/blog/mao-shing-ni-lac-dom-phd/seaweed-miracle-vegetable-sea>.

¹⁴, ¹⁵Unavailable

¹⁶<http://www.rense.com/1mpicons/acidalka.htm>.

¹⁷<http://www.webmd.com/diet/features/diets-of-world-japanese-diet>.

¹⁸<http://www.webmd.com/depression/guide/exercise-depression>.

¹⁹<http://www.webmd.com/cancer/news/20060928/do-real-exercise-to-prevent-cancer>

²⁰<http://www.mayoclinic.com/health/exercise/HQ01676>.

²¹<http://www.telegraph.co.uk/science/science-news/3353724/Secret-to-a-longer-life-being-conscientious.html>.

²²<http://www.scientificamerican.com/article.cfm?id=smile-it-could-make-you-happier>.

²³wellness.ucsd.edu/.../Importance%20of%20Social%20Support.ppt.

²⁴Unavailable

²⁵<http://www.forbes.com/pictures/lmj4shgmi/how-to-live-to-102/>.

²⁶http://www.explorefaith.org/bnk/bnk_pm.html.

Acknowledgements: Thank you to Shane Moise, Regina Fleming and Karen Calfas for your support, consultation and editing on this project.



How To Live A Healthy Lifestyle

This is a simple pamphlet that outlines how to live a healthy lifestyle. You may store this pamphlet in a safe location and look back to it for inspiration on day-to-day tips.

Q: What is a healthy lifestyle?

A: A healthy lifestyle is one that focuses on incorporating the eight aspects of wellbeing into one's life (emotional, environmental, financial, intellectual, occupational, physical, social and spiritual).

"Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity."^{*}

Not only is the absence of disease a sign of having a healthy lifestyle, but also the ability to function at an optimal level of productivity is indicative of it.

Q: Why is a healthy lifestyle so important?

A: Not only is health important to a person at the individual level, but also it contributes to the advancement of society if more people are performing closer to their fullest potential. For more information on how to achieve a healthy lifestyle, please see the rest of this pamphlet.

^{*}Definition based off of the **World Health Organization (WHO)**.

Disclaimer: The information provided within the contents of this pamphlet are merely guidelines that one may use to achieve a healthier lifestyle. The UCSD Wellbeing Cluster or any other organization on campus pertaining to health is not responsible for the individual choices that students may make with regards to the information displayed.



The following information below provides more information on why such factors are important to health and how one may be able to more easily achieve each one:

Sleep

- Usually, **7-9 hours** is considered to be a good amount of sleep.¹
- Sleep is a time for the body to heal, recharge its "batteries," regenerate new cells, rest the mind and allow the immune system to function at its highest capacity. For this reason, sleep actually prevents one from getting (or helps heal one if already) sick.²
- In addition, staying well-rested allows one to think more clearly, improves one's mood and reduces the risk for depression.^{2,3}
- Sleep may also help to prevent or reduce the risk of chronic diseases such as diabetes and heart disease.³ This is because lack of sleep tends to increase inflammation and the amount of hormones that are dangerous at high levels in the body, such as adrenaline and cortisol, among other factors.⁴
- To get better sleep, consider the following options³:
 - Go to bed and wake up at **routine times**.
 - **Don't take long naps during the day** (this can throw off your circadian rhythms).
 - Listen to **soothing music**.
 - Create a **sleep-conducive atmosphere** by having a comfy bed and a dark, quiet room.
 - Do not eat less than two hours before going to bed and avoid caffeine.
 - This might be the hardest one, but try not to worry about things before going to bed. Tell yourself that your concerns may be sorted out in your dreams and that sleep will help to alleviate your stress.

Healthy Eating

- There is disturbing evidence amounting that people from the United States and other regions around the world are consuming more refined sugars and empty calories than at any other time in history.⁵ These foods in excess may increase the risk for developing chronic diseases:
 - Soda and other sweetened soft drinks
 - Pastries, cookies, cakes and pies
 - Sugary breakfast cereals
 - Fried foods
 - Fast foods
 - Chips and candy
 - Processed foods
- In addition, increasing amounts of evidence are showing that eating red meats in excess may raise the amount of saturated fats in the body, heightening the risk for developing chronic diseases later in life.⁶ If you eat red meats, make sure they are **grass-fed** with healthy omega-3 fatty acids.

- **Eat fresh, local, ORGANIC food!** More studies are showing that genetically modified foods may have potentially harmful effects on the body, as illustrated by the damaging of organs, increased sterility, and lowered functioning of the immune and nervous systems that occurred in lab and farm animals that consumed GM foods.⁷ In the U.S., **75%** of foods sold in typical supermarkets contain GM ingredients, as opposed to the strong crackdown of banning GM foods in the European Union, Japan and other places around the world.⁹

◦ For more information on GM foods, please see:

<http://www.saynotogmos.org/>.

◦ For a more concise explanation, please see:

http://www.saynotogmos.org/10reasons_need.pdf.

- To get started with, some healthy foods that will help one feel full longer and provide plenty of nutrients to the body include: **quinoa, steel cut oatmeal, sweet potatoes, blueberries, greek yogurt, salmon and vegetarian chili**.¹¹
- Dr. Weil's **Anti-Inflammatory Food Pyramid** also helps to reduce the risk of disease from occurring in the body.¹² Some foods he advises eating include:
 - **Lots of fruits and vegetables with antioxidants**, especially cooked Asian mushrooms
 - **Whole and cracked grains, beans and legumes**
 - **Healthy fats** (extra virgin olive oil, nuts, avocado)
 - **Fish and seafood**
 - **Whole soy foods** (but make sure they are **organic**, not genetically modified)
 - **Other sources of protein** (such as lean meats, eggs, and other foods that contain healthy omega-3 fatty acids)
 - **Tea, herbs and spices**
- Remember the issue becomes when anything is eaten in excess. Make sure your plate is full of **COLOR** at **every meal**. Variety is the spice of life!
- Smaller food portions have also been linked to a healthier lifestyle.^{10,17} For **protein** (such as chicken) a healthy serving should be about the **size of a deck of cards**, and around half of what you are eating should be vegetables.
- Develop healthy habits like **washing your hands** before eating or touching your face and **drinking water throughout the day** to rehydrate your system.

Exercise

- Getting exercise on a daily basis is a good idea because it **releases endorphins**, the "happy neurotransmitters," and helps to **reduce anxiety and stress**.¹⁸
- It is typically advisable to get exercise for a **minimum of half an hour each day**.¹⁹ However, exercising for 45 minutes, an hour or more is even better!
- Some of the benefits of exercise include²⁰:
 - Mood improvement
 - Body toning
 - Reduced risk of developing chronic diseases