

## Approaches to a Healthy Lifestyle

The present lifestyle of many Americans is such a threat to their health that the choices they make actually lead to premature illness and death.

Although improving one's quality of life is a personal choice, following some of the most basic steps could actually add years on to one's life.

To enjoy a healthy lifestyle, a person should practice behaviors that could lead to positive outcomes. Wellness requires a balance among physical, emotional, intellectual, social, environmental, occupational, and spiritual well-being. The following are ten simple lifestyle habits that can increase longevity significantly:

1. Physical activity, including exercise
2. No tobacco use
3. Eating a healthy diet
4. Maintaining one's recommended body weight
5. Getting 7 to 8 hours of sleep each night
6. Decreasing the amount of stress in one's life
7. Drinking alcohol in moderation or not at all
8. Surrounding oneself with healthy relationships
9. Having knowledge about the environment and avoiding environmental risk factors
10. Taking personal safety measures