



# The Importance of Healthy Lifestyle: Essay Example

Topic: Health & Medicine | Words: 1138 | Pages: 5

In this essay on the importance of healthy lifestyle, you'll learn more about the benefits of physical activity, quitting smoking, and other aspect of the importance of healthy lifestyle.

## The Importance of Healthy Lifestyle: Essay Introduction

A healthy lifestyle is a term that is commonly used by many communication channels but not many people bother to find out its real meaning. It is important to know its significance and ways through which individuals can make lifestyle changes since this can lead to an improvement in the length and the quality of the lives they live.

Several factors make up a healthy lifestyle, physical exercise and diet being the most obvious ones (Gogus, 2011). In addition, learning how to manage stress, getting enough sleep, avoiding smoking and responsible drinking are important towards living a healthy lifestyle.

Parents who make a deliberate effort to live healthy lifestyles make it possible for their children to lead healthy lifestyles too.

There are problems associated with unhealthy lifestyles hence it is important for parents to lead by example by educating their children on how to live well, improve their eating habits and the need for exercises (Manger, 2006). In order to lead a healthy lifestyle, I will make two important lifestyle changes that will have positive impact on my short term and long term health.

# Introduction Healthy Lifestyle Essay

**DJ Losen**



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