

**MAIN
DISEASES
AND HOW
EXERCISE
CAN HELP
YOU AVOID
THEM**

**HOW TO
MOTIVATE
YOURSELF
TO START A
HEALTHY
LIFESTYLE**

**HEALTHY
RECIPES**

MAIN DISEASES AND HOW EXERCISE CAN HELP YOU AVOID THEM

• Heart diseases

Heart diseases are really common these days and unfortunately lot of people dies due to them. But in most of the times they can be avoided by exercising and a healthy lifestyle.

Everyone knows that exercising helps improve your cardiovascular system, but why is that?

When you work out, your heart needs to send a lot of blood to your working muscles to provide them with enough oxygen and food, so it starts beating faster and louder. If you're working out on a regular basis your heart os getting bigger and stronger. As a result your heart can send a larger amount of blood with a single beat than if you were not exercising. That's the reason that the heart rate and blood pressure of a person who exercises regularly is lower. Low blood pressure can protect you from a lot of cardiovascular diseases like hypertension, heart failure or even a stroke.



• Diabetes

Diabetes type 2, also known as adult- onset diabetes, is characterized by high blood sugar levels and is related to obesity. Exercise can not only help you avoid it, but also treat it.

When you are working out your body cells need more energy. So your body produces some hormones, like insulin and adrenalin, that can take the sugar of the blood and put it inside of the working cells. Also, as everyone knows, exercising helps you control your weight and fight obesity.



So all of the above leads to tge conclusion that exercising can not only protect you from getting diabetes, but also can help the diabetics control their blood sugar.

• Infections and illnesses

At last but not least, exercise improve your immune system, so you can fight bacteria and other dangerous microorganisms better. That's because your white blood cells (WBC), which are like guards who can detect and destroy the dangers, are working better and can circulate more rapidly, so they could detect illnesses and prevent infections.

Written by Anastasia Christodoulou

SLEEP FOR GOOD HEALTH

Healthy sleep can help your body better regulate blood sugar levels, keep your immune system functioning properly and decrease stress.

Sleep is a core pillar of health and if is neglected it could have a bad impact on your physical and mental condition.

What is sleep deprivation? The loss of sleep is a common problem in modern society, affecting people from all ages. Sleep deprivation occurs when an individual gets less sleep than they need to feel awake and alert. Getting less than 7 hours of sleep on a regular basis can eventually lead to health consequences that affect your entire body.

Not getting enough sleep prevents the body from strengthening the immune system, it can affect also respiratory system, digestive system and cardiovascular system.

Some suggestions for good sleep habits:

- following a routine for bed and wake-up times, keeping it consistent every day of the week
- avoiding eating 2 to 3 hours before bedtime
- engaging in regular exercise during the day
- avoid using phones or computer 1 to 2 hours before bedtime
- engage in relaxing activity's like meditation, reading and taking a bath before going to bed
- Enjoy life
- Don't stress!

If you pay more attention to your sleeping routine you can enjoy a lot of benefits.

Sleep can improve your memory, lower your blood pressure, helps you maintain your weight and most important, it puts you in a better mood!

In conclusion If you sleep better, you live better!!!



Written by Stanmir Stanev

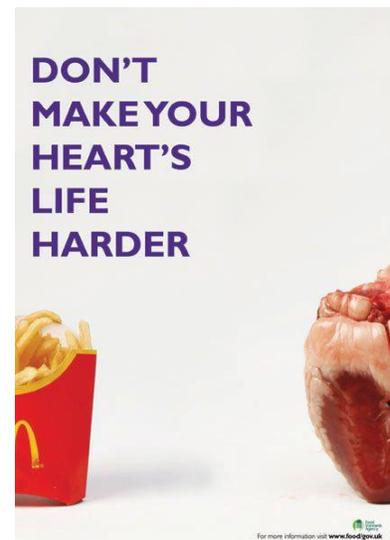
IS A FAST FOOD A JUNK FOOD?

For sure, fast food for your organism is really bad choice. So fast food outlets should be banned. If you consumption “junk food” (for example in McDonald’s, KFC, and something like this) you may lead to obesity. The poor diet obtained from fast food often leads to high blood pressure. Children who regularly consume fast food often suffer even more than adults because their conditions only worsen with age. Of course fast food is cheap and tasty but your healthy is the most important.

Let’s see a negative effects of fast food:

1. You’ll heighten your risk of heart disease
2. Your skin will deteriorate
3. Your teeth will decay
4. Your blood sugar will spike
5. Your cholesterol could skyrocket

It’s only a few example a negative effects of fast food. So maybe next time you’ll think about something helthier than fast food?



Written by Olek Ostenda

HOW TO MOTIVATE YOURSELF TO START A HEALTHY LIFESTYLE

Healthy lifestyle is a lot of peoples new years resolution wich is forgotten a month after January 1st. Most of the time people just make those resolutions to feel better, because it’s a new beginning, and later gets boredor says „I don;t need that anymore” or “ I don’t have time for that anymore”. This article is just for you if you want a new years resolution to become a reality.

1. Mindset is everything

It can be very discouraging then you don't see any results so you need to find your motivation by answering these questions;

- . What your goal would allow you to do?
- . Why do you want it?
- . What would it feel to achieve this goal?



2. Change the old routine

Doing something over and over again can get boring and monotonous. Changing up your routine is a affective way to keep your body guessing. Variety is important in living a healthy life.

3. Make physical activities part of your routine.

Try to add physical activities a part of your daily life. For example instead of going to work/school by a bus, try walking or riding your bicycle if you have. By those little routine changes your body will get used to physical activities easier.



4. It is more fun with friends

If your friend or others are trying to make healthy changes, suggest them to do it together. It would be eassier with each others encouragement and support.

5. Reward yourself

After a workout or a day of hard work, it is a good idea to reward yourself. Do something you like, eat something you shouldn't , but do not cross the line. Make yourself feel great about your healthy choices in a day.

Written by Auguste Martutaityte

HEALTHY RECIPES

First of all, what is a healthy diet? It is a question, that not everybody can answer to it correctly. Healthy diet is not only eating fruits and vegetables, also it is not being crazy strict about your diet and controlling every single thing that you eat. It is about eating a variety of foods that are good for you, your body and your health. Most people think that healthy food is tasteless, disgusting and hard to make, some may even think that sweet, baked or sour dishes can not be healthy, but they are wrong. You can find healthier alternatives to probably everything that you like. Starting from donuts, cakes, pancakes, even to chips or pizza. Everything is possible. Today I wanted to introduce you to some alternatives to junk food.

1. This recipe is an alternative to the popular KFC kind of chicken.

Ingredients:

- 2 eggs
- 2/3 cup of buttermilk
- 1 cup of flour of your choice(wholewheat or regular)
- 2/3 cup of grated Parmesan cheese
- 4tbsp of bread crumbs
- 1tsp of baking powder
- 1tbsp of salt
- 2-3 tsp of garlic powder
- 1tsp of ground paprika
- ½ tsp of pepper
- 2 pounds of chicken tenders
- 1/3 cup of butter

The method:

1. Preheat the oven to 210C
2. In a bowl whisk together the eggs and the buttermilk
3. Put a roasting pan in the oven to heat up
4. In a seperate bowl mix the flour, cheese, breadcrumbs and all the seasoning
5. Dip the chicken in the mix, then coat them in the egg mixture
6. Take the roasting pan out of the oven and melt butter on it. Then place the chicken and put it in the oven for about 20min till the both sides of chicken are golden brown.



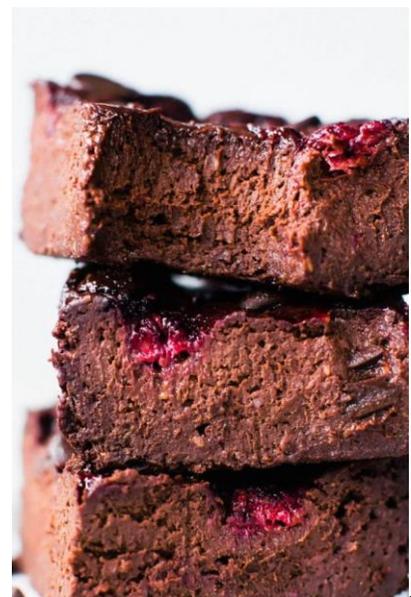
2. A lot of people love brownies, but what if we try to make them more nutritious and tasty?

Ingredients:

- ½ cup of frozen raspberries
- 225g of dark chocolate chips
- 30g of cacao powder
- 1tsp of vanilla extract
- A pinch of salt
- 1/2 tbsp of baking soda
- ½ cup of oat flour
- 90g of raspberries

The method:

1. Preheat the oven to 150C
2. Heat the frozen raspberries to rom temp, blend till smooth
3. Melt the chocolate chips



existence of energy, suddenly switch of moods, anger, isolation or even thoughts about hurting ourselves.

And as for every problem there is a solution, there must be a solution to our problem. The most common for both types of mental illness is a medication and the counseling of a specialist to get over it. But, for the second type there are also other treatments such as a diet and the rise of activity. A change in the way that you eat and live can improve your life. Meditation, also, is an other way to confront your demons. All you have to do is to relax, take a breathe, to recall a beautiful memory and suddenly all the stress goes away. So talk to a friend, be active, face the problems. Take time for yourself! Make your mental health a priority! It is more important that the meeting or even your family dinner.

Furthermore, good mental health is related to mental and psychological well-being. All you have to do it's to understand that you are not alone. Any mental disorder can be cured somehow if you just try. Invest in your mental health, understand the importance of having it. The key to success is **BALANCE**. And as Protogoras said: *"Everything is held by the brain"*!

Written by Sofia Zarkada

HOW TO IMPROVE EYESIGHT: NATURAL WAYS HOW YOU CAN GET BETTER VISION

Our eyes are responsible for a big part of information our brain receives. Unfortunately, a lot of people wear glasses or use contact lenses, in order to see clear. It is because vision disability is one of the top 10 disabilities among adults. There are no specific remedies that are proven to improve vision and eyesight naturally without corrective eyewear, but there are some things you can do to maintain eye health and enhance vision.

✓ Get enough key vitamins and minerals

One of the most important things is healthy diet, it has a huge impact on vision. There are some food sources which have nutrients and vitamins that are very necessary, for example, vitamin D, C, E or lutein. There are variety of colorful vegetables and fruits, such as carrots, citrus, sweet potatoes, spinachs, which have those useful key elements for eyes. Eating fish high in omega-3 fatty acids is good for your eyes too.



✓ **Have regular exercise**

Eyes have muscles, so if you want to maintain or improve good eyesight it is important to do eye exercises. To sharpen focus you ought to do moving pen exercise. Hold a pen at arm's length and focus on it, after 10 seconds set a focus on a horizontal line. The eye roll exercise is very effective, when you do it regularly (at least 1 or 2 minutes per day). It can enhance the shape of your eyes. One more useful training is eye press. The directions of the workout are very simple. Place a finger on each eyelid and press very lightly. It may relieve stress and soothe your eyes.

FOCUS
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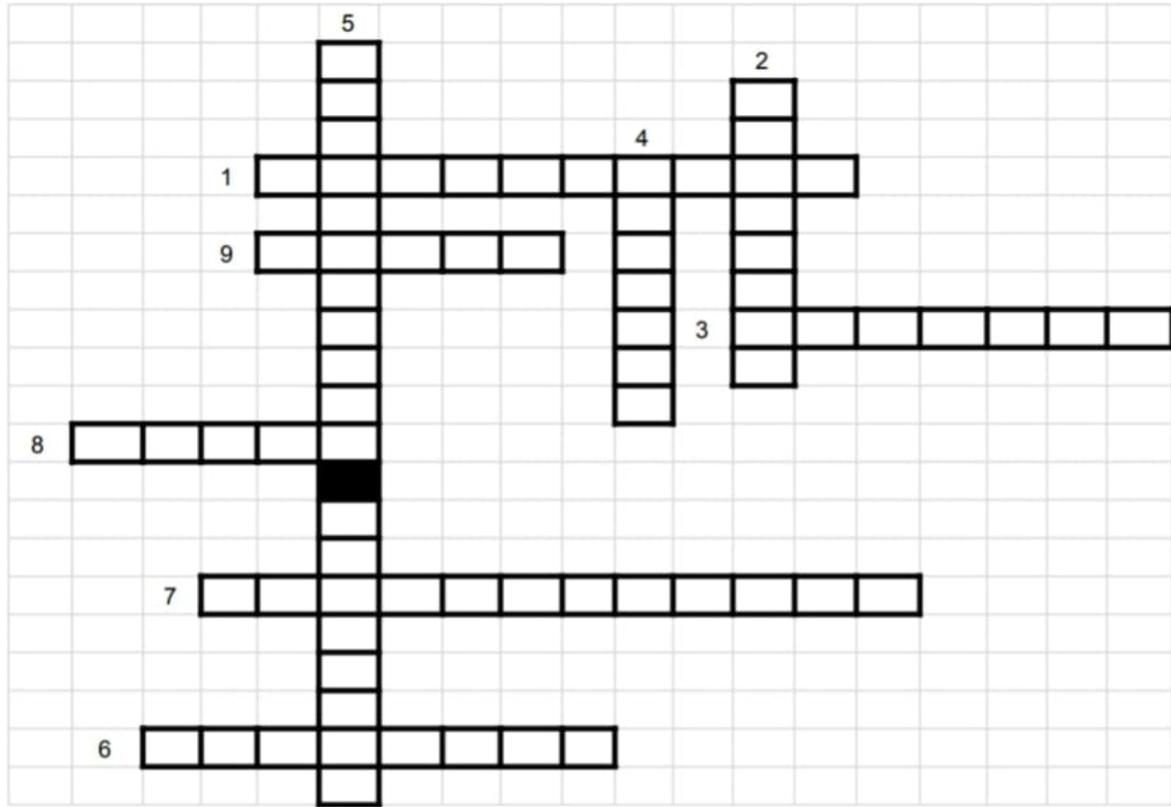
✓ **Stay fit**

Maintaining a healthy weight can help your eyes, because overweight or obese can cause eye vessel damage. In more detail, leakage of blood or fluid into eyes can harm your vision. Daily exercise and a healthy diet can keep you in good shape and save you from eyesight problems.

There are many myths about ways you can improve your eyesight without glasses or contacts, however the best thing you can do for your eyes and body is make healthy life choices.

Written by Irma Becelyte

HEALTHY CROSSWORD



1. For a good nutrition, you need to eat almost every day _____.
2. If you do this often, you will improve your physical condition _____.
3. Bad habit that damages your respiratory system _____.
4. The key to success is _____.
5. We usually eat fruits and vegetables that are _____.
6. When you are nervous you are _____.
7. Winter sport is _____.
8. We eat food in order to have _____.
9. Which organ of the body gets the most damage because of unhealthy lifestyle?

