



# HEALTHY LIVING TIPS FOR MY LEARNED COLLEAGUE

MY HEALTH MY BRIEF”

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# PRESENTATION OUTLINE

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- ✖ Appreciation
- ✖ My MWAN
- ✖ Introduction/Definitions
- ✖ Healthy Living
- ✖ Importance of Health living
- ✖ Achieving healthy living
- ✖ Conclusion

# APPRECIATION

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FIDA





# MWAN

VISION

MISSION

MOTTO

ACTIVITIES

- ✗ Advocacy
- ✗ Public Awareness
- ✗ Disease Prevention
- ✗ Effective collaborations



# VISION AND MISSION

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## ✕ VISION

✕ To be a foremost medical association in Nigeria in the Maintenance of quality health in Nigeria, though the world, and a symbol of unity of medical women worldwide in improving the standard of quality healthcare and expansion of knowledge and excellence in health.

# MISSION

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✕ To be a foremost medical association in Nigeria in the Maintenance of quality health in Nigeria, throughout the world, and a symbol of unity of medical women worldwide in improving the standard of quality healthcare and expansion of knowledge and excellence in health.







# INTRODUCTION

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- ✖ A recent study showed that very few adults actually meet the criteria for a healthy lifestyle.
- ✖ Published in the Archives of Internal Medicine, showed that only 3% of American adults met 4 criteria
- ✖ Just 13.8% met 3 of the criteria;
- ✖ 34.2% met only 2 criteria.
- ✖ Women scored slightly better than men.



# THE 4 CRITERIA

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- ✕ 5 Servings of fruits and Vegetables daily
- ✕ Regular Physical Exercise
- ✕ Healthy Weight (BMI 18 – 25)
- ✕ Cigarette smoking

# CONTD.....

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- ✖ Healthy living is about making choices every day,
- ✖ Healthy choices that keep us fit physically, mentally and spiritually
- ✖ Eating well, being physically active and not smoking are three of the best things we can do to stay healthy



## CONTD....

- ✘ At the population level, healthy living refers to the practices of the population groups that are consistent with supporting, Improving,
- ✘ maintaining
- ✘ and/or enhancing health.

## CONTD....

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- ✗ At individual level, healthy living is the practice of health enhancing behaviours, or put simply, living in healthy ways



# HEALTHY LIVING

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- ✗ Living healthier is a personal choice,
- ✗ but everyone has a role to play,
- ✗ individuals,
- ✗ communities,
- ✗ Families, governments
- ✗ and other organizations can work together to create environments
- ✗ and conditions that support healthy living.

# IMPORTANCE OF HEALTHY LIVING

- ✗ Good nutrition is an important part of leading a healthy lifestyle.
- ✗ Combined with physical activity,
- ✗ Your diet can help you to reach and maintain a healthy weight,
- ✗ Reduce your risk of chronic diseases (such as heart disease and cancer), and
- ✗ Promote your overall health.



# MAKING CHOICES ABOUT HEALTHY LIVING

- ✗ Decision, Determination, Dedication
- ✗ Setting a goal – following through
- ✗ Get active each day.
- ✗ Regular physical activity is important for the healthy growth, development and well-being of children and young people. ...
- ✗ Choose water as a drink. ...
- ✗ Eat more fruit and vegetables. ...
- ✗ Switch off the screen and get active. ...

# CONTD....

- ✖ Eat fewer snacks and select healthier alternatives.
- ✖ Having a good night rest
- ✖ Good relationships -
- ✖ Managing our stress
- ✖ Loving more



# BENEFITS OF HEALTHY LIVING

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- ✗ Disease Prevention
- ✗ Increase life span
- ✗ Improved mental well being
- ✗ Increased Happiness
- ✗ Boost self confidence and self control
- ✗ Peace of mind



# OTHER TIPS

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- ✗ Enjoy regular family meals
- ✗ Smile and laugh out loud several times a day
- ✗ Meditate, pray
- ✗ Stand up straight
- ✗ Have a positive attitude
- ✗ Brush and floss daily

# TIPS FOR MANAGEING STRESS

- ✗ Keep a positive attitude.
- ✗ Accept that there are events that you cannot control.
- ✗ Be assertive instead of aggressive. Assert your feelings, opinions, or beliefs instead of becoming angry, defensive, or passive.
- ✗ Learn and practice relaxation techniques; try meditation, yoga, or tai-chi for stress management.
- ✗ Exercise regularly. Your body can fight stress better when it is fit.

# CONTD...

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- ✖ Eat healthy, well-balanced meals.
- ✖ Learn to manage your time more effectively.
- ✖ Set limits appropriately and learn to say no to requests that would create excessive stress in your life.
- ✖ Make time for hobbies, interests, and relaxation.
- ✖ Get enough rest and sleep. Your body needs time to recover from stressful events.
- ✖ Don't rely on alcohol, drugs, or compulsive behaviors to reduce stress.



# CONTD...

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- ✖ Don't rely on alcohol, drugs, or compulsive behaviors to reduce stress.
- ✖ Seek out social support. Spend enough time with those you enjoy.
- ✖ Seek help with a psychologist or other mental health professional trained in stress management or biofeedback techniques to learn healthy ways of dealing with the stress in your life.

# CONCLUSION

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- ✘ A healthy life or healthy living habits should be a daily routine,
- ✘ Not a temporary event that occurs when you have enough time to spare or weekends.
- ✘ Healthy living makes someone to live well and thereby lives long.
- ✘ Managing Stress effectively ensures healthy living
- ✘ Healthy Living – my choice

# HEALTHY LIVING

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✕ MAKE IT YOUR CHOICE TODAY





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✖ ??????

✖ Merci