Health & Family Life

Maintaining a Healthy Lifestyle Notes

Instructions: Write these notes **neatly** in your Social Sciences notebook, under the subject heading, Health and Family Life.

- Maintaining a healthy lifestyle involves balancing food intake with physical activity.
- Many diseases that lead to death are directly related to lifestyle choices e.g. poor eating or drinking habits, lack of exercise, drug use, etc.
- Persons who are overweight or obese (very fat) are at higher risk or more likely to develop lifestyle diseases.
- Lifestyle diseases such as heart disease, diabetes, hypertension (high blood pressure), cancer and AIDS are the leading causes of death in The Bahamas.
- These diseases can be prevented with better lifestyle choices:

  - Practice healthy eating by making healthy food choices
  - Exercise regularly
  - Get enough sleep every night
  - Avoid using drugs such as alcohol, tobacco, marijuana, etc.

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LIVEWORKSHEETS