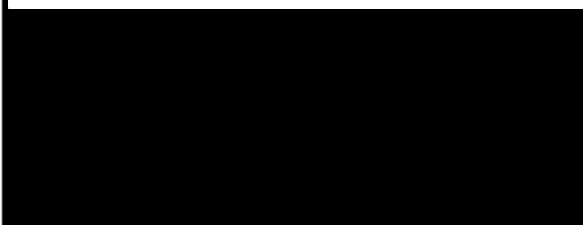


Good health & well-being.

(Some tips and introduction to a healthy lifestyle.)

There are a lot of things people say about health, but if they knew that health isn't just about the physical or, just the mental well-being, but it is about a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. It is about correct eating and physical activities. So here is a little introduction to all of those.



What is social well-being?

Social well-being is a relationship we have with others. These relationships can offer us support when we really need it. Also, the social wellness involves building healthy and supportive relationships.

What is mental health?

Mental health is about your inner self. You can know that you have healthy mind and inner self if you can cope with the stress of life, realize your abilities, learn and work well.



Balanced nutrition.

One of the most important part of maintaining good health is a healthy balanced diet*. This means eating a variety of foods in the right proportions and consuming the right amount of food to maintain a healthy body.

Smoking and drugs.

Other important thing is smoking, drugs and alcohol*. The thing is even if seems to help at the moment, in the long term it can make difficult feelings more painful. And it can affect your judgement leading to risky behaviour.

*Reminder: diet is not about slimming down and restricting yourself, it's about taking care of your body and keeping it in a healthy state.

*Reminder that one glass a week of alcoholic beverage won't do any harm.

Quick, healthy snack ideas.

- *Apple slices & peanut butter.
- *Yoghurt with fruit.
- *Almonds with cottage cheese.
- *Banana on toast.
- *Kale chips.
- *Cucumber slices with hummus.
- *Chia pudding.
- *Spinach and berry smoothie.

Quick exercise to do anywhere.

- *Squats.
- *Walking around.
- *Arm circles.
- *Upper-body twist.
- *Chest stretch.
- *Hip marches.
- *Neck rotation.
- *Ankle rotations.

Sarmīte Vlodore / PE teacher.

What is the importance of physical activities?

Human body is made to move, so we feel our best when we move regularly.

3 tips to include in your lifestyle.

The World Health Organisation defines physical activity as any type of body movement produced by the skeleton. Therefore, 1. Do some activity in the fresh air up to 60 minutes every day. 2. Choose to travel by bicycle or on foot. 3. Find time for any exercise.

Sanda Siliņa / Surgeon, urologist.

What is the importance of nutrition?

Nutrition is a very important factor for health, as it provides body with the necessary nutrients and energy. Also, proper nutrition can prevent various diseases and improve mood and well-being.

Is mental health important to physical health?

Yes, mental health is very important to physical health. A person's emotional state can affect the body's physical health and immunity. Prolonged stress can affect the immune system and increase the risk of disease, so it is important to take care of your mental health by maintaining a positive attitude and communication with others.