

## ***The Benefits of Living a Healthy Lifestyle:***

- **Disease Prevention**

One of the long-term benefits of living a healthier lifestyle is the prevention of diseases such as heart disease, stroke and diabetes. Even though you may understand the relationship between eating specific foods and your risk for heart disease, it can be difficult to undo years of unhealthy eating habits. However, the benefit is the prevention of arthritis, osteoporosis, stroke, diabetes and other immune-mediated illnesses that are affected by the dietary and lifestyle choices we make every day.

- **Injury Prevention**

Living a healthy lifestyle includes paying close attention to safety issues that may increase your potential for being injured. Smart lifestyle choices include wearing a helmet when bike riding, wearing seat belts in the car and using appropriate safety gear when playing sports.

- **Increased Energy**

Changing lifestyle choices and eating healthy food are not about being unrealistically thin but rather about having more energy and staying as healthy as possible. Eating healthy can boost your energy levels and allow you to participate in more activities on a daily basis. According to a study at the University of Georgia, researchers found overwhelming evidence that regular exercise also plays a role in increasing energy levels and reducing fatigue.

- **Healthy Weight**

The healthy lifestyle choices of stopping smoking, reducing alcohol intake and eating a well-balanced diet that is high in fruits and vegetables and low in processed foods and fats will help to maintain a healthy weight. According to the Cleveland Clinic, reducing weight to within normal limits can also significantly reduce the risk of heart disease and improve overall health and well-being.

- **Good Mental Health**

Your mental health also depends upon your healthy lifestyle choices. According to HelpGuide.org, eating well and exercising can help defend against depression and will sharpen your memory and stabilize your mood. By learning to expand your range of food choices and make smart lifestyle decisions, such as reducing or eliminating alcohol from the diet and stopping smoking, you can benefit with an improved mood and a better outlook on life.

For more information on recreational programs that help support a healthy lifestyle, please visit [www.radnorrecreation.com](http://www.radnorrecreation.com)