



Healthy Habits Can Create Healthy Minds

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Abstract:

India is popular for spirituality, Religions and also population. India is famous for second huge country of population but according to NEWS, Health Report and WHO's Health Report India lost its youth generation only those unhygienic and unhealthy habits. The Study purpose was findings problems for lack attention of Indian students. They can use to for healthy habits and Surrounding Atmosphere can be easily achievable. They can all over development themselves because healthy habits can create healthy minds. Everyone wants to live an active, vibrant life for as long as possible. And that goal depends on robust brain health. While we don't have a guaranteed way to prevent dementia, we do increasing healthy lifestyle habits.

1. Introduction

We want to live healthy life for best way to live a healthy life is to Healthy and Do more physical activities. Healthy eating Habits and exercising has a big impact on your Future success, Remaining Healthy and feet body and preventing obesity or overweight. Physical activities and Eating healthy are rules everyone should live by and it brings many benefits in your life.

Healthy lifestyle by healthy and Nutritional diet, exercise, more physical activities helps and improves school grades and future success. Being physically fit, getting enough sleep, and eating a healthy diet are important to student's success.

Students' Health Habits Tied to School Success, 2014) When staying healthy in school, many benefits come with it. Research or studies prove that staying healthy, getting enough sleep, and being physically fit helps you in school by performing better academically in social science, math, science, history etc. Developing healthy habits lead to many achievements in school. Children who perform many different physical activities remain in a healthy fit body. Children should have a minimum of 60 minutes of physical activities per day recommended by the centers for disease control and prevention. (Live strong: Nutrition and Exercise Information for 5th Graders, 2015) Not getting enough exercise will affect how well your body functions. If you get enough exercise per day, then your body will function properly. Exercising also strengthens your muscles and bones, and you can gain flexibilities in your body by exercising. Children who exercise gain lifelong benefits like having a healthy body, flexibility, and stronger and healthier bones.

Kids should be more active to prevent obesity or gaining a lot of weight. Getting kids to be more active fight the chance of childhood obesity. (Science daily: Just an hour of TV a day linked to unhealthy weight in kindergartners, 2015) Avoiding exercise and being active can lead to major problems like obesity. To prevent this from happening, developing healthy habits like getting active and exercising can help. Being active, exercising, and developing healthy habits. When we should develop healthy habits we can learn to make healthier decisions, or choices like when and what to eat, and when to exercise. We can also learn to keep our body fit. In life, we have many rules to live by and developing healthy habits should be one of them.

This article based on major three things. What is the problem what reason are affecting school life? As teacher and parents what kind of problem faces from unhealthy habits? Students are suffering in classroom by unhygienic and unhealthy habits. Second part of as teacher or parents what we should do for them. They family and school are doing change them life style and increase them concentration and become more active in daily routine. Third points are based on benefits are healthy habits and how can change our life as healthier life.

- What are Healthy habits?
- What is problem in front us by unhealthy habits?
- What we should do for healthy habits?
- Benefits are Healthy habits.

2. Objectives

- To find out the various problems by unhealthy habits and unhygienic habits.
- To find out the reason about the unhealthy habits.
- To provide routine planning as time table for students.
- To provide suggestion for healthy habits for healthy life style.

3. What is a healthy habit?

you know that healthy habits, such as eating well, exercising, and avoiding harmful substances, make sense, but did you ever stop to think about why you practice them? A healthy habit is any behavior that benefits your physical, mental, and emotional health. These habits improve your overall well-being and make you feel good. Healthy habits are hard to develop and often require changing your mindset. But if you're willing to make sacrifices to better your health, the impact can be far-reaching, regardless of your age, sex, or physical ability. Here are five benefits of a healthy lifestyle.

Underneath all the latest and greatest diet schemes and exercise fads are tried-and-true ways to achieve and maintain a healthy and active life. A habit is a practice that you engage in on a regular basis. Consistently eating a healthy diet, exercising and getting adequate amounts of sleep are all healthy habits. Are you thinking about being more active? Have you been trying to cut back on less healthy foods? Are you starting to eat better and move more but having a hard time sticking with these changes? Old habits die hard. Changing your habits is a process that involves several stages. Sometimes it takes a while before changes become new habits. And, you may face roadblocks along the way. Adopting new, healthier habits may protect you from serious health problems like obesity and diabetes. New habits, like healthy eating and regular physical activity, may also help you manage your weight and have more energy. After a while, if you stick with these changes, they may become part of your daily routine.



New habits may help you look better and have more energy. The information below outlines four stages you may go through when changing your health habits or behavior. You will also find tips to help you improve your eating, physical activity habits, and overall health. The four stages of changing a health behavior are

- contemplation
- preparation
- action
- maintenance

4. What is problem in front us by unhealthy and unhygienic habit?

Our Future depends on our present. We can't change our past but we can change our present affect will our Future. When we are teachers so we can face some problem in our class. They are related totally unhealthy habits. Some examples are given here.

- Some Students complain for headache during class.
- In Assembly suddenly few student down in floor and complain about vomiting and dizziness.
- Some students doing yawn continue during class.
- Some students stretching body and feeling laziness.
- Some students see here and there and looking each other.
- Some student can't come regularly.
- Some students can't read and right looks at black board and increase them specks number.
- Some students can't actively part compare to other students.
- All reason by unhygienic and unhealthy habits of students. They face so many problems in classroom.

5. What we should do for healthy habits?

We can see all problem are creates by unhealthy habits but as teacher and family members we should take few effected step for develop them healthy habits. All steps are dividing in two parts. First part we can take step formally as teachers and second part us can take step informally as family members. It calls development chart for them.

5.1 Formally

- Street play
- Drama
- Quiz
- Poster making
- Science presentation
- Arrange Assembly
- Filed trip
- Short story
- Expert lecture
- Role play

5.2 Informally

- To Insistearly go bed and early get up.
- Arrange weekly healthy diet.
- Set Routine Time-table
- To Insist exercise and yoga involved in time-table.
- Avoid junk food.
- To insist hygienic habits.
- Outdoor games and outing trip close to the nature.
- Less use electronic device.
- Spend quality time with family.

6. What I feel?

When teachers and parents develop them healthy life style we can see out come by healthy habits.

6.1 Attendance

You can't keep up with homework and tests if you aren't in school every day. Getting adequate protein, vitamins and minerals from food can keep you from taking sick days and missing out on daily lessons. Eating a healthy breakfast makes you more likely to achieve your daily nutritional goals. This keeps your body strong and less likely to succumb to disease. While infectious colds and flus happen, getting sufficient vitamin C, for example, can help you bounce back faster, reports the National Institutes of Health.

6.2 Focus

School is one kind of social network that requires cooperation from students, teachers, and staff. Students behavior depends on them healthy life. Hunger can distract you and make you irritable. While eating a healthy breakfast has been shown improve both alertness and mood. A 2005 study on eating habits and academic performance reported in the “Journal of the American Dietetic Association” affirmed these findings, indicating that breakfast prepares students to work toward good grades in academic environments.

6.3 Thinking

Food energy and nutrients serve neurological as well as physical body functions. The same 2005 report concluded that eating breakfast regularly before school may affect the brain’s short-term blood sugar requirements and long-term nutritional support. This improves the memory, problem solving and concentration skills that are intrinsic to learning and achieving high grades.

6.3 Test Scores

Balanced nutrition plays a part in testing well. The Food Research and Action Center relates that students who eat a complete instead of partial breakfast work more quickly with fewer math and number errors than those who don’t. Healthy eating also contributes to better performance on vocabulary and visual skills tests. You can improve your recall, your test scores and your grades by eating right every day.

- Students become more attentive by healthy habits and they achieve them goal easily.
- Students take actively part in co-curricular competition and doing well and get more confidence in their life.
- Students doing all activity with more energy.

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