

Healthy Living

Topic of *January*

LIVING A HEALTHY LIFESTYLE

Duke Health and Exercise Research Trials • Research@duke.edu • 919-681-9000

Health: A state of complete physical, mental and social well-being; not merely the absence of disease – WHO

Wellness: An active process through which people become aware of, and make choices toward, a more successful existence. - NWI

Did You Know?

- ❖ For 25+ years, over half of the adult population has been overweight or obese. – HHS & USDA
- ❖ Obesity-related conditions (heart disease, stroke, and type 2 diabetes) are among the leading causes of death. - ODPHP
- ❖ 81.6% of adults and 81.8% adolescents do not get the recommended amount of physical activity. – ODPHP

Benefits of a Healthy Lifestyle

There are many benefits of having a healthy lifestyle.

Examples of some of these benefits are:

- ❖ Weight loss
- ❖ Strong bones and teeth
- ❖ Reduced cancer risk
- ❖ Improved memory
- ❖ Better sleep
- ❖ Increased energy
- ❖ Heart health
- ❖ Improved longevity
- ❖ Immune health
- ❖ Disease management and prevention

Challenge of the Month

Determine what changes you want to make in your life!

- ❖ Think about how your health has changed over the past year and which areas of your health (if any) that you want to change.
- ❖ Write out your thoughts and consider why you want to make such changes. This can help you better understand the motivation behind your goals!

Duke Healthy Campus Initiative

Check out healthy.duke.edu to learn about how Duke University is encouraging healthy lives on campus and in the community!

Join the Duke Health and Exercise Research Trials Registry!



We are looking for healthy volunteers and individuals with various medical conditions to join a variety of clinical research studies. To learn more, contact our team @ Research@duke.edu or 919-681-9000

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Components of a Healthy Lifestyle

Many areas constitute a healthy lifestyle. Some examples include:

Diet: Nutrition is key for giving your body the energy it needs for daily living. Well-balanced and moderate consumption can protect against many diseases and illnesses.

Physical activity: Activity promotes strong muscles and bones, while helping to control body weight. A lack of physical activity can increase the risk for cardiovascular diseases.

Healthy body weight: Maintaining a healthy body weight helps protect against chronic diseases, while an unhealthy weight increases the risk for conditions such as arthritis and diabetes.

Positive outlook: Positivity and strong mental health can help you overcome challenges and deal with daily stressors in a healthy manner.

Sleep habits: A good sleep routine helps give your body the rest it needs for daily life and promotes brain and immune system health.

Words of Wisdom

“Being healthy and fit isn’t a fad or trend. It’s a lifestyle!”

– Tracy Reid