

## NEW NORM SYNERGIES OF HEALTHY LIFESTYLE



By: Nur Diyanah Farhani Binti Kamaruddin

*Universiti Sains Islam Malaysia*

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Do you know that healthy and productive lifestyle practices are important in combating the Covid-19 pandemic? The World Health Organization in 1946 defined health as ‘A complete state of mental, physical and social well-being not merely the absence of disease’.



Exercise not only helps physically but mentally as well

A healthy lifestyle can help you thrive while going through a crucial phase like now. Making healthy and wise choices is not always easy, but to produce a better quality of life for the future, the effort will pay off from multiple perspectives.

A survey concluded that in the primary national lockdown, 35% of individuals were eating more food or unhealthy food than they previously did. Nearly 50% said that they had add on weight during lockdown. 50% of respondents also reported feeling more stressed or depressed than usual. And alarmingly a 3<sup>rd</sup> of respondents said they drank more alcohol. Health influence of the pandemic have led to self and social isolation; disconnection being challenged by way of sitting confined at home and repeating routines for a prolonged period.

Madeleine Hawkes, weight management dietician at Nutrition Synergy suggests taking some time to examine whether you are hungry and why to manage eating habits more intuitively, these steps you can try practicing for yourself.

1. If you realize yourself heading to the fridge, ask yourself, ‘Am I truly hungry?’ If you are not, ask yourself, ‘What am I actually hungry for?’

We are able to plan out the quality of edible material or main part of a meal, without overfeeding.

As uninformed, uncontrolled, and unhealthy food ingestion can lead to obesity. Obesity is a global affliction experienced by at least 2.8 million people each year categorized as overweight or obese according to the world health organization figures. Studies found that respiratory support, and the critical illness connected mortality during this pandemic increased. Patients accompanying obesity are exposed to a higher risk of COVID-19.

2. If you feel bored then what you are seeking is stimulation, not food. You might try playing some games like chess or read a book to keep yourself engaged.

Dr Feisul Idzwan Mustapha, deputy director of non-communicable diseases at the Ministry of Health was interviewed and stated that popular food trends were heading towards unhealthy eating styles as sweet and fatty foods were demanded more by the community than healthier food selection.

3. If you are feeling stressed, go outside for a breath of fresh air, or try a home workout.

You should be creative if you exercise at home as there are many more activities at home that you can do to burn calories and improve your fitness. This activity can also be done with family members, able to take care of the health of the whole family and at the same time able to build up close family relationships.

4. Be kind to yourself.

We happen to live through an all-encompassing pandemic that not one of us has ever prepared for. Whatever achievements you manage to do during these changeable periods, you have achieved the highest in rank you can. Self-analysis and blame, serve no function other than to make a difficult circumstance harder.

Your physical condition depends on what you do every 24 hours, every day especially for this new norm. We will get used to it.

A healthy lifestyle is completely vital. Slowly embellish your lifestyle step-by-step. You will visualize and feel the benefits for the next couple of years. Progress do not have to be large steps, take one small step for your prosperity today, keep that one going. Fingers crossed!