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## 5 Key Steps to a Better and Healthier Life

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### **Abstract**

Following healthy lifestyle habits is very crucial for physical, emotional, and mental well-being. This paper presents five key steps that help to stay in a better and healthier life: consuming healthy foods, engaging in regular physical activity, ensuring adequate sleep, managing stress effectively and avoiding harmful habits. All the information presented in this paper is based on analyses of researchers and lifestyle studies. The findings suggest that individuals who practices these habits experience improved mood and energy levels, reduced risk of chronic illnesses, and better emotional well-being. Promoting these simple lifestyle changes can contribute to an improved quality of life and lead a more productive life.

**Keywords:** *Healthy lifestyle, physical, emotional, mental, healthy foods, physical activities, adequate sleep, managing stress, harmful habits, energy level, chronic illness, well-being, quality, productive.*

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**Аннотация.** Соблюдение правил здорового образа жизни имеет решающее значение для физического, эмоционального и психического благополучия. В данной работе представлены пять ключевых шагов, которые помогают вести лучшую и более здоровую жизнь: употребление полезных продуктов, регулярная физическая активность, обеспечение полноценного сна, эффективное управление стрессом и отказ от вредных привычек. Вся информация,

представленная в этой работе, основана на анализе исследований ученых и изучении образа жизни. Результаты показывают, что люди, практикующие эти привычки, отмечают улучшение настроения и уровня энергии, снижение риска хронических заболеваний и лучшее эмоциональное состояние. Пропаганда этих простых изменений в образе жизни может способствовать повышению качества жизни и привести к более продуктивной деятельности.

**Ключевые слова:** *Здоровый образ жизни, физический, эмоциональный, психический, здоровое питание, физическая активность, полноценный сон, управление стрессом, вредные привычки, уровень энергии, хронические заболевания, благополучие, качество, продуктивный.*

**Annotatsiya.** Sogʻlom turmush tarzi odatlariga rioya qilish jismoniy, hissiy va ruhiy farovonlik uchun juda muhimdir. Ushbu ishda yaxshi va sogʻlom hayot kechirishga yordam beradigan beshta asosiy qadam keltirilgan: foydali mahsulotlarni isteʼmol qilish, muntazam jismoniy faollik bilan shugʻullanish, toʻliq uyquni taʼminlash, stressni samarali boshqarish va zararli odatlardan voz kechish. Ushbu maqolada taqdim etilgan barcha maʼlumotlar olimlarning tahlillari va turmush tarzini oʻrganish boʻyicha tadqiqotlarga asoslangan. Natijalar shuni koʻrsatadiki, ushbu odatlarga amal qiladigan insonlarda kayfiyat va energiya darajasi yaxshilanadi, surunkali kasalliklar xavfi kamayadi va hissiy holat yaxshilanadi. Ushbu oddiy turmush tarzi oʻzgarishlarini targʻib qilish hayot sifatini oshirishga va yanada samarali hayot kechirishga xizmat qiladi.

**Kalit soʻzlar:** *Sogʻlom turmush tarzi, jismoniy, hissiy, ruhiy, sogʻlom ovqatlanish, jismoniy faollik, toʻliq uyqu, stressni boshqarish, zararli odatlar, energiya darajasi, surunkali kasallik, farovonlik, sifat, samarali.*

In the world, the most precious treasure a person possesses – beyond anything that can be measured by value – is health. Although many people prioritize money in their youth, over the years, through life experience, they come to realize that health is superior priority. People begin to cherish it only when they start to lose it. Many people believe that losing health is an unavoidable process and inevitable law of nature – and that it is impossible to maintain it in a same condition throughout life. However, staying healthy in old age is entirely possible by following five essential steps, these steps include eating healthy foods, doing regular exercise, having quality sleeping schedule, managing stress, eliminating destructive habits.

Firstly, we have to know what the balanced diet is. Balanced diet is a way of eating healthy foods that provides body with all essential nutrients for staying with energy in the health life. In addition, our body needs different

kinds of nutrients such as carbohydrates, proteins, fats, vitamins and minerals for functioning probably. For this reason, people have to eat more fruits, vegetables, meat and wholegrains, protein products, healthy fats and dairy products. They help body to grow and repair. According to Soo Lim (2018), consuming a diet with balanced nutrients is not only necessary to prevent and manage chronic diseases, but also essential for children and adolescents to ensure their health development. Moreover, vitamins prevent to develop some kinds of diseases such as obesity, diabetes, malnutrition and anemia and they keep people strong. Furthermore, avoiding sugar products and drinking enough water a day is considered to be important part of balanced diet, while consuming too much sugar causes some consequences like weight gain, diabetes, tooth decay and heart diseases, water keeps our body hydrated and helps digestion. Second of all, a healthy lifestyle is incomplete without the habit of regular exercise. Because engaging in physical activity regularly helps to strengthen heart, muscles and bones, and also improves blood circulation. Spending a little time in the morning for doing exercise provides good mood and energy during the day by reducing anxiety and stress level.

“Regular physical activity increases memory and ability to learn new things” (Mohammed Abou Elmagd 2016). However, these days majority of people have been living a sedentary lifestyle, with significantly less time for physically demanding tasks. This consequently brings about increased obesity and heart-related issues among individuals. However, allocating at least 20 to 30 minutes in a daily routine for doing morning exercises regularly enable them to avoid gaining weight. Because, if people act more physically, they can burn more energy, which in turn, enable them to enhance their respiratory system and keep fit. For these, employers should also be encouraged to incentivize their employees to follow healthy life rules by creating flexible working schedules. This can be mutually advantageous for both companies and workers, because maintaining health-centred activities habitually increases energy and productivity in the workplace, while reducing weight-related illnesses.

Thirdly, adopting healthy lifestyle includes appropriate sleep patterns, which is the most crucial factor to become mentally and physically healthy. Today, many people, particularly those with longer working and studying hours have been suffering from low sleep and exhaustion. This, as a result, affects their brain function adversely as people do not get the required 7-8 hours of sleep. According to research conducted by scientists Mirghani et al (2015), Poor sleep quality has been associated with reduced academic achievement, and sleep quality has also been reported to be related to negative effects on health, emotional feeling and well-

being. This can be accomplished through government led initiatives that inspires companies to organize their working schedules suitably, so that employees can get proper sleep after 10 pm at night, thereby giving them a chance to keep equilibrium between work and personal well-being. Furthermore, being able to manage stress is also one of the factors contributing to keep a harmonious life balance. Because individuals who experience less stress may have a longer lifespan. Nowadays, because of the pervasive inflation in the prices of real-estate, particularly in city centers, many people are struggling to cover all their expenses which forces them to work longer hours. As a result, a heavy workload and fatigue after work puts a heavy strain on their psychological well-being, making them stressed and under depression. Doing some stress-relieving activities such as meditation serve them as form of relaxation and therapeutic escape from their hectic lifestyle. If they allocate a designated time for such kind of activities, they will not only be able to maintain a healthy work-life balance, but also can get rid of daily stress too. Lastly, replacing their bad habits with more health-conscious choices enable individuals to run a healthier life. Most people, especially adults have adopted certain harmful habits such as smoking and drinking alcoholic beverages which negatively effects their physical well-being. They need to start integrating small daily changes to their schedule, instead of trying to give up their detrimental habits immediately. Due to prolonged exposure to bad habits, suddenly breaking them can be extremely difficult for most people. Therefore, adding activities such as reading books or spending a quality time with their close friend step by step is more effective and easier to embrace as a normal part of their everyday routine laterally. These activities, when done in a regular basis, benefit them both mentally and physically at the same time. In conclusion, by following mentioned five key steps, people can live easily without some kinds of health problems such as obesity, diabetes, heart diseases, hypertension, arthritis and chronic diseases in their old age. However, for adopting these habits, people have to spend their significant amount of time, even for some people who find it difficult to adopt changes, it may take years. Once it becomes daily habit, they feel positive changes in their both mental and physical well-being.

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