

Dr. Rodney Aziz Helps You How to Get a Healthy Lifestyle

Dr. Rodney Aziz is a senior general Doctor. He specializes in cosmetic surgery and Healthy skin care.

Dr Rodney Aziz



Melbourne, Australia Aug 26, 2022 (Issuewire.com) - **Dr. Rodney Aziz** says Trying to select the best strategies for weight loss, fitness, and health from the numerous available alternatives may be extremely overwhelming. It might be challenging to choose the ideal approach for you to maintain a healthy lifestyle because many of these suggestions are beneficial, but some are simply deceptive. Here is some helpful advice on how to improve your health.

Eat Healthily

If you want to maintain your health, it's crucial to eat nutritious meals. You should adhere to the food recommendations chart created by the US-FDA. Your daily diet should include low-fat consumption along with two daily servings of protein, three daily servings of carbs, three to four daily servings of dairy, and five to seven daily servings of fruits and vegetables. Many individuals struggle to remember all of this and end up choosing the incorrect foods to consume. They subsequently have health issues, put on weight, and experience low energy. To be healthy and achieve the outcomes you want in terms of how you feel and look, you must be committed to eating only nutritious meals.

Consume less salt and sugar

[Dr. Rodney Aziz](#) consumes twice as much salt as is advised, which increases their risk of hypertension and, eventually, heart disease and stroke. For most people, salt is their major source of sodium. Limit your salt intake to 5g per day or around 1 teaspoon. Choose low-sodium foods and reduce your usage of

salt, soy sauce, fish sauce, and other high-sodium condiments while preparing meals to make this easier. Additionally, you should avoid salty snacks and eliminate salt from the dinner table.

On the other hand, ingesting excessive amounts of sugar increases your risk of tooth decay and unhealthful weight gain. Both adults and children should consume less than 10% of their total daily calories from free sugars. This is equivalent to 12 teaspoons or 50g for an adult. The WHO recommends less than 5% of total calorie intake for added health benefits. You may reduce your daily sugar consumption by consuming less sugary snacks, candies, and beverages with added sugar.

Exercise

To burn calories effectively and maintain good health, one must engage in physical activity. Three times every week, you should engage in at least thirty minutes of exercise. It doesn't matter what kind of exercise you undertake as long as your heart rate goes up while your body is moving. Walking is one of the finest forms of exercise since it requires no special gear or pricey club memberships.

Get Enough Sleep

As you sleep, your body renews and restores itself. You need seven to nine hours of sleep every night, at the absolute least, to do this and afterward operate normally. Due to obligations to their families, demanding job schedules, and other factors, many individuals have difficulties sleeping or don't get enough sleep. But if you want to stay healthy and prevent becoming sick, you must consistently receive the quantity of sleep you require. You should keep in mind that obtaining adequate sleep might lower your blood pressure.

Drink Water

According to [Dr. Rodney Aziz](#) water makes up two-thirds of the human body, you must drink plenty of it to keep your muscles and cells functioning correctly. Water is essential for the liver and kidneys because it allows toxins that are ingested through food, air, and medications to be flushed out of the body. You should consume eight or more glasses of water each day to keep healthy.

Get Support

People require one another. We may fail to recognize our place in a greater human ecosystem. In our daily lives, we experience stress, and we blame ourselves for our bad sentiments. We don't have healthy ways of handling these emotions. For many people, this entails using drinks or drugs to get away from the overpowering bad emotions. But you also need to nourish your spirit, just as you need to feed your body well. You may do this by obtaining encouragement and support from those close to you. Living a healthy life is made easier by feeling well.

Conclusion

As Per **Dr. Rodney Aziz**, Everyone wants to be healthy and free from sickness. You may enhance both your own and your family's health by following the advice above.



Media Contact

Dr. Rodney Aziz

azizdrrodney@gmail.com

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