

Changing Lifestyle and Health Issues

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Abstract: *As per changing era the time is changing people's are changing, surrounding is changing due to which there is an huge impact on lifestyle of people & there is a huge change in lifestyle & because of change in lifestyle there are lots of health issues.*

Keywords: lifestyle

I. INTRODUCTION

'As per changing era the time is changing people's are changing, surrounding is changing due to which there is an huge impact on lifestyle of people & there is a huge change in lifestyle & because of change in lifestyle there are lots of health issues.'

' As per changing surrounding, environment the person also has started to change their lifestyle, person, has changed his living lifestyle eating lifestyle, clothing etc. '

CONTENT -

In the 20th century, many technology various new gadgets have came due to which person's life have become very easy, comf6& are saving time, but every coin has two sides one is good & another is bad, so we have seen the good side, it's bad effect are person is becoming lazy day by day due to which person is getting far away from exercise, yoga etc& due to the lack of exercise & yoga heart attack, obesity etc health issues are developed

Now-a-days human life ends to 50 years only. Hardly human is reaching upto 65 years. And this because of changing lifestyle. From morning itself human being starts to inhales chemical in the body. The product which we see in the ads, they advatisor tells us that the product, but the real fact is that to preserve food some other chemicals are used. Due to this various chemical inhaling in body harms to human body & leads cancer like dangerous disease

Obstructive -

Pollution is another one important reason leading to health issues like breathing ec. The pollution released by vehicles, factory, industries that harmful smokes harm the human that particles stick to respiratory tract & leads to asthma like disease

The human being is only running behind money, human being time is only invested into the work due to this busy schedule of human being, person is not getting time for itself because of it person is not able to keep his own care & this too leads for various health issues like hypertension etc

The human beings not must be fit by physically but mentally too, the person having various stress, tension, work load this disturbs the mental health & leads to mental disorders

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