

7 simple tips on how to stay healthy every day

You need to be optimistic, avoid riskiness, have a partner, a group of friends, do not smoke, drink moderately, exercise at least twice a week, eat healthily, keep a slim figure, perform regular preventive examinations, do not underestimate the disturbing signals sent by the body . The recipe for a longer life seems to be very simple.

How To Live Longer?

Let's get a higher education, earn at least the national average, if we have such an opportunity - don't live in the countryside, let's be in a constant and affectionate relationship, let's have sex, quit smoking, let's buy a dog, avoid noise, don't watch too much TV, let's take care of the nighttime regenerating body and mind rest, let's behave reasonably. In this way, we will add up to a decade of life. If we have a firearms license, it is bad, because it triples the probability that we will die a violent death. And also - for the winter months, let's leave Poland, preferably somewhere further, where it is warm, because the inhabitants of Europe most often die in January, February and March. You think we're kidding? Well, maybe a little, but not that much. The recipe for how to look after your health on a daily basis is written in the numerical columns of all tests and statistics on our health and causes of mortality.



Owning a dog: plus 7 months to live

According to the authors of a study published in 2007 in the Journal of the British Veterinary Association, dog owners live an average of 7 months longer than people without pets. The average dog owner has lower blood pressure and lower cholesterol levels than their peers who do not own a pet. According to the authors of the report, the presence of a dog has a positive impact on human health on several levels - it relieves stress, forces physical activity and reduces the feeling of loneliness.

Following the Mediterranean diet: plus 3 years of age

A diet typical of Greece and Italy, rich in vegetables, fish and olive oil, may, according to scientists from the University of Gothenburg, extend life by up to 3 years. People who follow this diet are less likely to develop heart disease, obesity and diabetes than lovers of large amounts of meat and animal fats.



Night silence: plus 9 months to live

The World Health Organization has recognized urban noise as one of the most neglected health threats to the inhabitants of our continent. The incessant loud sounds not only impair hearing, but also disturb the rhythm of sleep, have a negative effect on the circulatory system, and

impair the ability to concentrate during the day. WHO recommends that, for the sake of healthy sleep, the noise level at night should not exceed 40 dB, while in the busiest streets its intensity reaches about 90 dB. Windows with a high R_w index, i.e. those capable of muffling sounds, can help to soundproof the bedroom.